Serve It Up!

Recipes That Meet the School Food and Beverage Policy Nutrition Standards for Ontario Schools

2013

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reach every student

Ontario

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Une publication équivalente est disponible en français sous le titre suivant : *C'est servi! : Des recettes conformes aux normes d'alimentation de la Politique concernant les aliments et les boissons dans les écoles de l'Ontario, 2013.*

This publication is available on the Ministry of Education's website, at www.ontario.ca/edu.

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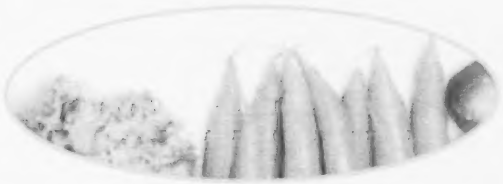

Introduction

Serve It Up! was developed for teachers in secondary schools that include food preparation as part of the instructional program. However, teachers and parents who are involved in food preparation for school-related events at any school may also find *Serve It Up!* to be a handy resource.

> The recipes included here comply with the nutrition standards in Ontario's School Food and Beverage Policy[1] and can be offered for sale in schools.

Overview of the School Food and Beverage Policy Nutrition Standards

All food and beverages offered for sale in Ontario's publicly funded elementary and secondary schools for school purposes must comply with the Trans Fat Standards Regulation and the requirements set out in the School Food and Beverage Policy (www.edu.gov.on.ca/eng/healthyschools/policy.html), including the nutrition standards.

The nutrition standards embody the principles of healthy eating outlined in Canada's Food Guide (www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) and are intended to ensure that the food and beverages sold in schools contribute to students' healthy growth and development.

Separate nutrition standards for food and for beverages are defined in the School Food and Beverage Policy. Nutrition standards for food are divided into six main groups (the first four groups are based on the food groups in Canada's Food Guide):

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives
- Mixed Dishes
- Miscellaneous Items

1. As set out in Policy/Program Memorandum No. 150, "School Food and Beverage Policy", October 4, 2010.

The standards outline nutrition criteria that food and beverages must meet in order to be sold in schools. The nutrition criteria are provided in the following categories:

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.	Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the *Healthiest (Sell Most)* category.	Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery).

Within a specific venue, program, or event, at least 80% of the food choices and 80% of the beverage choices offered for sale must comply with the *Healthiest (Sell Most)* nutrition criteria, and no more than 20% of the food choices and 20% of the beverage choices offered for sale can be from the *Healthy (Sell Less)* category. This is known as the 80/20 rule.

About the Recipes in This Resource

The recipes in this resource are organized into the following sections:

Stocks
Basic Sauces
Tomato-Based Sauces
Dips
Soups
Breads
Salads
Side Dishes
Vegetables
Sandwiches
Entrées
Baked Goods
Milk-Based Desserts

With the exception of the recipes for milk-based desserts,[2] all of the recipes in *Serve It Up!* comply with the *Healthiest (Sell Most)* nutrition criteria for the food group and sub-group to which the recipe belongs. The applicable set of nutrition criteria is presented on the opening page of each section of the guide – see, for example, Sandwiches, on page 79.

The yield for each recipe is indicated at the start of the recipe. For many of the recipes, a scaled yield of 24 servings is also provided for use when larger quantities are desired. Ingredient amounts are expressed in both metric and imperial units; for scaled yields, metric units are provided. Appendix 1 gives the metric equivalents for imperial measures and weights that appear in the recipes.

2. The milk-based desserts recipes (see p. 115) comply with the *Healthy (Sell Less)* nutrition criteria, because *Healthiest (Sell Most)* nutrition criteria have not been defined for the milk-based desserts sub-group in the nutrition standards. If sold, milk-based desserts must be counted as part of the 20% of *Healthy (Sell Less)* choices that can be offered for sale within a particular venue, program, or event.

Some recipes include ingredients (e.g., peanuts, fish, shellfish) that can cause anaphylaxis in people who are severely allergic. Certain recipes can be prepared without the anaphylaxis-causing ingredients (e.g., the almond topping on a stir-fry can be omitted); this will not affect the Nutrition Facts for the recipe, since optional toppings are not included in the nutrition analysis for recipes. If an allergy is known to exist among members of the school community, and the anaphylaxis-causing ingredient cannot be omitted from a recipe, then that recipe should not be used. Select recipes that comply with the school's or school board's policy on anaphylaxis to reduce the risk of exposure to anaphylaxis-causing ingredients.

Nutrition analysis[3] has been performed on all recipes, even those for which applicable nutrition criteria are not defined in the School Food and Beverage Policy nutrition standards (i.e., stocks, basic sauces, and dips). A complete Nutrition Facts table, based on a specified serving size or the amount that results when the product is divided into the specified number of servings, is presented for each recipe. If the amount served or the number of servings is less or greater than that specified, the food may not comply with the nutrition criteria; it will be necessary to recalculate the nutrients defined for the food group and sub-group to which the product belongs in order to determine whether the product still meets the applicable nutrition criteria. Also, the recipes must be followed using the exact ingredients in the amounts indicated; otherwise the recipe may not comply with the applicable nutrition criteria.

Substitutes are suggested for ingredients that may not be available year-round, such as fresh vegetables and herbs. Refer to Appendix 2 for information on substituting dried herbs and spices for fresh ones.

Practices for Consideration

The School Food and Beverage Policy encourages schools to consider the following practices when food or beverages are sold or provided in schools:

- Be environmentally aware.
  - Reduce food waste.
  - Reuse or recycle food containers.
  - Compost food waste.
- Avoid offering food or beverages as a reward or incentive for good behaviour, achievement, or participation.
- Offer, when available and where possible, food and beverages that are produced in Ontario.

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3. Experienced recipe analysts have calculated the recipe nutrient values using Genesis ® R&D software. Calculations were based on data in the Canadian Nutrient File (CNF), the United States Department of Agriculture (USDA) Nutrient Database for Standard Reference, and other reliable sources. Values have been rounded according to the rules for Canadian Nutrition Facts tables. An accurately calculated nutrient profile should be regarded as a reasonable estimate of the nutrients present in a serving of a recipe that has been prepared exactly as written, and divided into the stated number of servings.

- Use Ontario-grown or Ontario-produced ingredients. Begin to replace just one ingredient with an Ontario-grown/produced ingredient once a month and work towards increasing the frequency to weekly and then daily.
- Start a school garden to grow your own locally produced fresh herbs and vegetables. Or, if your school has a greenhouse, grow fresh herbs and vegetables such as grape tomatoes, lettuce, and peppers, or fruit such as berries.
- Buy food from suppliers that offer Ontario-grown vegetables and fruit or Ontario-produced products, including meats, poultry, fish, cheese, milk, eggs, honey, grains, and dried beans.
- To identify food products from Ontario when shopping, look for the Foodland Ontario logo.

- Find out if there are local farmers that can supply food to the school. To find a local farm or nearby farmers' market, visit www.ontariofarmfresh.com, www.farmersmarketsontario.com, or www.ontariofresh.ca. These websites are wonderful tools for locating suppliers of Ontario food products from across the province.
- Take advantage of the abundance of Ontario-grown produce available in the late summer and early fall by teaching students about food preservation methods such as canning, freezing, and drying.
- Plan menus according to the seasonal availability of fresh, Ontario-grown vegetables and fruit, as shown in Appendix 3.

Reviewing Your Own Recipes for Compliance with the Nutrition Standards

You may have a recipe that you would like to use at school but do not know whether it complies with the School Food and Beverage Policy nutrition standards.

The following steps are required to compare the nutrient content of a single serving to the nutrient criteria in the School Food and Beverage Policy nutrition standards.

If the recipe includes a nutrient profile:

1. **Compare the total fat and trans fat amounts (in grams) in the recipe's nutrient profile with the Trans Fat Standards.** If the recipe does not meet the Trans Fat Standards, it is *Not Permitted for Sale*.

   Note: Naturally occurring trans fat (mainly from dairy products) is not subject to the Trans Fat Standards. The standards apply only to foods that contain hydrogenated (or partially hydrogenated) vegetable oils. If the trans fat value is not specified in the recipe's nutrient profile but the recipe does not include any ingredients containing hydrogenated or partially hydrogenated oils, then assume the trans fat value is zero.

2. **Identify the group and sub-group in the nutrition standards that the recipe fits into.** Refer to the *School Food and Beverage Policy Resource Guide* (www.edu.gov.on.ca/eng/healthyschools/PPM150_Resource_Guide_2010.pdf) or *Quick Reference Guide* (www.edu.gov.on.ca/eng/healthyschools/PPM150Quick_Reference_Guide_2010.pdf) to determine the applicable food group and sub-group and the nutrition criteria that apply.

3. **Compare the relevant information included in the recipe's nutrient profile and ingredients with the nutrition criteria in the nutrition standards.** The recipe will fit into one of the following categories: *Healthiest (Sell Most)*, *Healthy (Sell Less)*, or *Not Permitted for Sale*.
   - *Healthiest (Sell Most)*. The nutrient profile of one serving of the recipe complies with the Trans Fat Standards and with all the applicable *Healthiest (Sell Most)* nutrition criteria. The product can be sold with no restrictions.
   - *Healthy (Sell Less)*. The nutrient profile of one serving of the recipe complies with the Trans Fat Standards and with all the applicable *Healthy (Sell Less)* nutrition criteria. The product can be sold as part of the up to 20% of *Healthy (Sell Less)* food choices available within a particular food venue.
   - *Not Permitted for Sale*. The nutrient profile of one serving of the recipe does not comply with the Trans Fat Standard and/or the applicable *Healthiest (Sell Most)* or *Healthy (Sell Less)* nutrition criteria. The product cannot be sold.

If the recipe does not include a nutrient profile and is for a mixed dish, then major and minor ingredients can be assessed using the nutrition standards. Mixed dishes include soups, entrées (e.g., sandwich, lasagna, stew, pizza), and side dishes (e.g., salad, risotto, rice pilaf). Refer to pages 27 to 29 in the *School Food and Beverage Policy Resource Guide* (www.edu.gov.on.ca/eng/healthyschools/PPM150_Resource_Guide_2010.pdf) for direction on how to assess mixed dishes that do not have a Nutrition Facts table.

To determine the nutrient profile for a recipe, a recipe analysis software program based on the current version of the Canadian Nutrient File (CNF) can be used. Be aware, however, that doing accurate calculations can be complicated and time-consuming; ideally, they should be performed by someone with expertise in nutrition analysis.

Tips for Adjusting Recipes to Fit Nutrition Criteria

It may be possible to adjust a recipe to change its category from *Not Permitted for Sale* to either *Healthy (Sell Less)* or *Healthiest (Sell Most)*, or alter a *Healthy (Sell Less)* product so it becomes a *Healthiest (Sell Most)* product. The types of modifications and degree to which they can be made will depend on the type of recipe. For example, it is more challenging to modify recipes for baked goods – in which the ingredients and their specific proportions contribute to the functional properties of the final product – than for soups – in which the ingredients generally contribute to the flavour and texture of the final product.

Below are some general suggestions for adjusting recipes:

- **Adjust the yield/serving size**
  Example: A soup recipe that yields eight 250 mL servings with 800 mg of sodium per serving has a higher sodium content than the maximum of 720 mg allowed. If the yield of the same soup recipe is modified to ten 200 mL servings, this reduces the sodium to 640 mg per serving, which is below the 720 mg maximum for sodium allowed for the Soups sub-group in the Mixed Dishes group.

  Note: Adjusting serving sizes to increase/decrease the amount of a specific nutrient in order to make that amount of the food comply with its defined criterion requires the recalculation of all the other nutrients defined for the applicable group and sub-group to determine whether it is compliant overall.
- **Reduce or eliminate an ingredient**
  Example: Reduce the fat content by decreasing the amount of oil used to sauté the onions and garlic in a soup recipe. Use a non-stick pan and eliminate the oil, thereby reducing the total amount of fat in the final product. Each mL of oil removed from a recipe reduces the total fat content by about 1 g.
- **Increase or add an ingredient**
  Example: If the amount of fibre in an entrée falls short of the 2 g needed to comply with the nutrition standards, add some lentils, kidney beans, or chickpeas (see Appendix 4 – Cooking Dried Beans), which are a source of fibre. Other ways to increase fibre in entrées include using whole grain breads, pasta, and rice, or adding bran.
- **Substitute an ingredient**
  Example: Replace regular sour cream with the light or fat-free version to significantly lower the total fat content.

Whenever a recipe is adjusted, it is important to retest the recipe to determine the impact of the modifications. It may be necessary to make further adjustments to come up with a product that tastes good and complies with the nutrition standards.

Every time a recipe is modified, the nutrient profile must be recalculated and then compared to the applicable nutrition criteria in the nutrition standards.

Stocks

Stocks are not consumed on their own and, as a result, do not have specific nutrition criteria. Stocks are used as an ingredient in other recipes, including soups and entrées.

Nutrition analysis has been performed and a Nutrition Facts table is presented for the stock recipes so that the information can be incorporated into the nutrition analysis of recipes that use stock as an ingredient.

Beef Stock

Yield: 4 L (16 cups)

4 kg (8 lb)	beef bones
2	large onions, coarsely chopped
2	large stalks celery, coarsely chopped
2	carrots, coarsely chopped
4 L (16 cups)	water
250 mL (1 cup)	tomato paste
2	bay leaves
15 mL (1 tbsp)	minced garlic
5 mL (1 tsp)	dried thyme leaves
5 mL (1 tsp)	dried rosemary leaves
5 mL (1 tsp)	black peppercorns

1. In a large roasting pan, combine beef bones, onion, celery, and carrot. Roast vegetables in preheated 200°C (400°F) oven, turning them often, for about 45 minutes or until mixture is golden brown. Add 250 mL (1 cup) of the water and stir to deglaze the pan.
2. Transfer bones and vegetables mixture to a large stockpot and stir in remaining water, tomato paste, bay leaves, garlic, thyme, rosemary, and peppercorns. Bring to a boil and simmer for 6 to 8 hours, adding more water as necessary to maintain the liquid at the original level.
3. Strain and cool immediately. Refrigerate overnight and, before using the stock, remove any fat that rises to the top.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 35	
Total Fat 0.2 g	0 %
Saturated 0.1 g +Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 50 mg	2 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 5 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	4 %

Tips:

- This recipe can be doubled or reduced by half.
- Ingredients such as dried mushrooms, different fresh or dried herbs and spices, and non-alcoholic wine are all great examples of flavourings that can be used to enhance stocks.

Chicken Stock

Yield: 4 L (16 cups)

4 kg (8 lb)	bone-in chicken pieces, skin removed
2	large onions, coarsely chopped
2	large stalks celery, coarsely chopped
2	large carrots, coarsely chopped
About 7 L (28 cups)	water
2	bay leaves
15 mL (1 tbsp)	minced garlic
5 mL (1 tsp)	dried thyme leaves
5 mL (1 tsp)	black peppercorns

1. In a large stockpot, combine chicken pieces, onion, celery, and carrot, and add water to cover. Stir in bay leaves, garlic, thyme, and peppercorns. Bring to a boil and simmer for 3 to 4 hours.
2. Strain and cool immediately. Refrigerate overnight and, before using the stock, remove any fat that rises to the top.

Tip: This recipe can be doubled or reduced by half.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 90	
Total Fat 3 g	**5 %**
Saturated 1 g +Trans 0 g	**4 %**
Cholesterol 10 mg	
Sodium 55 mg	**2 %**
Carbohydrate 9 g	**3 %**
Fibre 0 g	**0 %**
Sugars 4 g	
Protein 6 g	
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**4 %**

Emily's Chicken Stock

Yield: 1.5 L (6 cups) stock and 750 mL (3 cups) shredded meat

1	chicken (about 1.5 kg / 3 lb), cut into pieces
2	medium unpeeled onions, quartered
2	medium carrots, cut in half
2	stalks celery, cut in half
6	cloves garlic
4	sprigs fresh flat-leaf parsley
15 mL (1 tbsp)	black peppercorns
5 mL (1 tsp)	dried thyme leaves
2	bay leaves
2 L (8 cups)	water

1. In a large stockpot, combine chicken, onion, carrot, celery, garlic, parsley, peppercorns, thyme, and bay leaves. Pour in water and bring to a boil. Reduce heat and simmer for about 2 to 3 hours or until meat begins to fall off the bone.
2. Remove chicken to a large plate and let cool. Strain stock through a fine-mesh sieve or cheesecloth-lined colander. Skim fat from stock. Remove meat from bones and reserve meat for another use or chop and add to stock for soup.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 90	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 10 mg	
Sodium 55 mg	2 %
Carbohydrate 9 g	3 %
Fibre 0 g	0 %
Sugars 4 g	
Protein 6 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %

Tips:

- When the chicken stock first comes to a boil, skim off the foam that forms on the top during the first 15 minutes.
- Refrigerating the chicken stock overnight makes it easy to remove the fat that forms on the top.
- Make vegetable stock by omitting the chicken and adding 2 leeks, white and light green parts only, coarsely chopped. Combine all the vegetables and roast in preheated 200°C (400°F) oven on a parchment-paper-lined baking sheet for about 40 minutes or until golden. Place in stockpot and add 1.5 L (6 cups) water along with thyme and bay leaves. Bring to a boil and simmer for about 1 hour or until vegetables are very soft and stock is golden in colour.

Source: Emily Richards, *Italian Express: Fast and Easy Family Favourites* (2005)

Fish Stock

Yield: 3 L (12 cups)

2 kg (4 lb)	fish bones
2	large onions, coarsely chopped
2	large stalks celery, coarsely chopped
2	large carrots, coarsely chopped
2.5 L (10 cups)	water
30 mL (2 tbsp)	fresh lemon juice
2	bay leaves
15 mL (1 tbsp)	minced garlic
5 mL (1 tsp)	dried thyme leaves
5 mL (1 tsp)	black peppercorns

1. In a large stockpot, combine fish bones, onion, celery, carrot, water, and lemon juice. Stir in bay leaves, garlic, thyme, and peppercorns. Bring to a boil and simmer for 45 minutes.
2. Strain and cool immediately. Refrigerate overnight and, before using the stock, remove any fat that rises to the top.

Tip: This recipe can be doubled or reduced by half.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 40	
Total Fat 2 g	3 %
Saturated 0.5 g +Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 50 mg	2 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Vegetable Stock

Yield: 3 L (12 cups)

8	large onions, coarsely chopped
8	large stalks celery, coarsely chopped
8	large carrots, coarsely chopped
1 can (156 mL)	tomato paste
5 L (20 cups)	water
2	bay leaves
15 mL (1 tbsp)	minced garlic
5 mL (1 tsp)	dried thyme leaves
5 mL (1 tsp)	black peppercorns

1. In a large stockpot, combine onion, celery, carrot, tomato paste, and water. Stir in bay leaves, garlic, thyme, and peppercorns. Bring to a boil and simmer for 45 minutes.
2. Strain and cool immediately.

Tip: This recipe can be doubled or reduced by half.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 30	
Total Fat 0.5 g	1 %
Saturated 0 g +Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 25 mg	1 %
Carbohydrate 5 g	2 %
Fibre 1 g	4 %
Sugars 3 g	
Protein 1 g	
Vitamin A	20 %
Vitamin C	0 %
Calcium	2 %
Iron	2 %

Basic Sauces

Sauces are classified as Miscellaneous Items in the School Food and Beverage Policy nutrition standards. Miscellaneous Items are limited to no more than 60 mL (¼ cup). Nutrition analysis has been performed on the recipes for basic sauces for information purposes only.

Tip: Traditionally, sauces have been thickened using a roux. While a roux delivers excellent flavour, it is also extremely high in fat. A healthier way to thicken sauces is to use cornstarch. Cornstarch is made from the starch of corn kernels and contains no fat. Cornstarch is easy to use and creates a nice smooth product.

These are a few important points to keep in mind when using cornstarch:

- To prevent lumps from forming in a sauce, always dissolve the cornstarch in cold water before using it to thicken the sauce.
- Cornstarch reaches its full thickening potential once the sauce has begun to boil. To prevent a sauce from overthickening, always allow it to reach the boiling point before adding more cornstarch.
- Products thickened with cornstarch cannot be used after they have been frozen. Instead of freezing sauces, freeze stocks and then create sauces as needed, using a stock.

Béchamel Sauce

Yield: 4 L (16 cups)

3.5 L (14 cups)	skim milk
250 mL (1 cup)	coarsely chopped onion
2	bay leaves
2	whole cloves
5 mL (1 tsp)	ground nutmeg
300 mL (1¼ cups)	skim milk
300 mL (1¼ cups)	cornstarch

1. In a very large saucepan, combine milk, onion, bay leaves, cloves, and nutmeg. Bring to a boil, stirring often.
2. Meanwhile, whisk together milk and cornstarch. Whisk mixture into boiling mixture and simmer for about 15 minutes or until sauce has thickened.
3. Strain and serve immediately, or cool in an ice water bath and refrigerate within 2 hours.

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 15	
Total Fat 0 g	**0 %**
Saturated 0 g +Trans 0 g	**0 %**
Cholesterol 0 mg	
Sodium 15 mg	**1 %**
Carbohydrate 3 g	**1 %**
Fibre 0 g	**0 %**
Sugars 2 g	
Protein 1 g	
Vitamin A	**2 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**0 %**

Espagnole Sauce

Yield: 4 L (16 cups)

4 L (16 cups)	beef stock*
300 mL (1¼ cups)	cornstarch

1. Set aside 300 mL (1¼ cups) of the stock. Pour remaining stock into a very large saucepan and bring to a boil.
2. In a small bowl, whisk together reserved stock and cornstarch. Whisk into boiling beef stock and simmer for about 15 minutes or until thickened.

*See Beef Stock recipe.

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 10	
Total Fat 0 g	0 %
Saturated 0 g +Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 1 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 1 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Velouté Sauce

Yield: 4 L (16 cups)

4 L (16 cups)	chicken stock*
300 mL (1¼ cups)	cornstarch

1. Set aside 300 mL (1¼ cups) of the stock. Pour remaining stock into a very large saucepan and bring to a boil.
2. In a small bowl, whisk together reserved stock and cornstarch. Whisk into boiling chicken stock and simmer for about 15 minutes or until thickened.

*See Chicken Stock recipe.

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 15	
Total Fat 0.4 g	1 %
Saturated 0.1 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 1 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Tomato-Based Sauces

Tomato-based sauces are a versatile ingredient, used in main dishes, sandwiches, and soups. The combinations are as plentiful as the health benefits.

Food Group: Vegetables and Fruit
Sub-group: Canned Tomatoes and Tomato-Based Products

Healthiest [Sell Most (≥ 80%)]	**Healthy [Sell Less (≤ 20%)]**	**Not Permitted for Sale**
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 3 g **and** Sodium: ≤ 480 mg **Examples:** • Some whole, crushed, or diced tomatoes • Some pasta sauce		Fat: > 3 g **or** Sodium: > 480 mg **Examples:** • Whole, crushed, or diced tomatoes that are higher in fat or sodium • Pasta sauce that is higher in fat or sodium

Fibreful Pasta Sauce

Yield: 8 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

This is one of the most versatile sauces around. It can be eaten as a vegetable chili on its own or tossed with pasta. Try ladling it over some roasted or grilled chicken or fish.

8 Servings		24 Servings
15 mL (1 tbsp)	canola or olive oil	45 mL
1	onion, chopped	3
1	large carrot, chopped	3
4	cloves garlic, minced	12
15 mL (1 tbsp)	dried oregano	45 mL
2 mL (½ tsp)	red pepper flakes	7 mL
1	small zucchini, sliced	3
1	red bell pepper, chopped	3
1	green bell pepper, chopped	3
2 cans (796 mL each)	diced tomatoes	6
1 can (540 mL)	chickpeas, drained and rinsed*	3
75 mL (⅓ cup)	chopped fresh basil	250 mL
60 mL (¼ cup)	chopped fresh flat-leaf parsley	175 mL

1. In a large saucepan or pot, heat oil over medium heat and cook onion, carrot, garlic, oregano, and red pepper flakes for about 5 minutes or until vegetables have softened. Add zucchini and red and green pepper; cook, stirring, for about 2 minutes or until well coated.
2. Add tomato, chickpeas, basil, and parsley, and bring to a boil. Reduce heat, cover partially, and simmer for about 1 hour or until sauce has thickened and vegetables are very tender.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 130	
Total Fat 3 g	5 %
Saturated 0.4 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 380 mg	16 %
Carbohydrate 24 g	8 %
Fibre 5 g	19 %
Sugars 8 g	
Protein 5 g	
Vitamin A	30 %
Vitamin C	120 %
Calcium	10 %
Iron	25 %

Tip: This sauce can be served as is or puréed in a food processor or blender to make a smoother, thicker sauce.

Storage Tip: Cool sauce to room temperature in an ice water bath, place in freezer bags or airtight containers, and freeze for up to 3 months.

Source: Heart and Stroke Foundation
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2008. www.heartandstroke.ca
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Tomato Sauce

Yield: 4 L (16 cups), 16 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
250 mL (1 cup)	finely diced onion
125 mL (½ cup)	finely diced celery
30 mL (2 tbsp)	minced garlic
15 mL (1 tbsp)	dried oregano leaves
15 mL (1 tbsp)	freshly ground black pepper
Pinch	salt
5 cans (796 mL each)	plum tomatoes

1. In a very large saucepan, heat oil over medium heat and cook onion, celery, garlic, oregano, pepper, and salt for about 10 minutes or until onion is translucent. Stir in tomato and bring to a boil. Reduce heat and simmer for 45 minutes.
2. Transfer mixture to a blender or food processor, and purée until smooth.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 60	
Total Fat 2 g	3 %
Saturated 0.3 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 320 mg	13 %
Carbohydrate 11 g	4 %
Fibre 2 g	9 %
Sugars 7 g	
Protein 2 g	
Vitamin A	2 %
Vitamin C	60 %
Calcium	8 %
Iron	20 %

Tomato-Basil Sauce

Yield: 1 L (4 cups), 8 servings (125 mL / ½ cup per serving)
Scaled Yield: 3 L (12 cups), 24 servings (125 mL / ½ cup per serving)

This easy-to-make sauce is great with pasta or lasagna or to serve with meats. Because the onion and garlic are left in large pieces, they give the sauce a mild flavour.

8 Servings		24 Servings
2 cans (796 mL each)	plum tomatoes	6
8	sprigs fresh flat-leaf parsley	24
4	leaves fresh basil	12
2	cloves garlic	6
1	onion, halved	3
15 mL (1 tbsp)	canola or olive oil	45 mL
15 mL (1 tbsp)	dried oregano leaves	45 mL
2 mL (½ tsp)	dried hot pepper flakes	7 mL

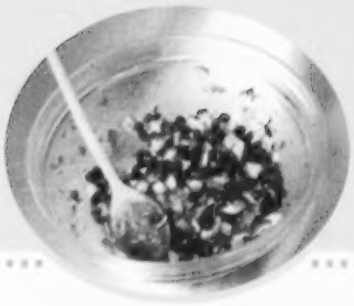
1. In a blender, purée tomatoes until smooth; pour into a saucepan or pot.
2. Add parsley, basil, garlic, onion, oil, oregano, and hot pepper flakes; bring to a boil.
3. Cover partially and simmer, stirring occasionally, for about 2 hours or until sauce has thickened. Remove onion and garlic, if desired.

Storage Tip: Cool sauce in the pot in an ice water bath. Place in freezer bags or airtight containers and freeze for up to 3 months.

Source: Emily Richards, *Italian Express: Fast and Easy Family Favourites* (2005)

Nutrition Facts
Per 125 mL (1/2 cup)

Amount	% Daily Value
Calories 60	
Total Fat 2 g	3 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 10 g	3 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 2 g	
Vitamin A	4 %
Vitamin C	50 %
Calcium	6 %
Iron	15 %



Dips

Dips are classified as Miscellaneous Items in the School Food and Beverage Policy nutrition standards. Servings of dips are limited to no more than 30 mL (2 tbsp). Nutrition analysis has been performed on the dip recipes for information purposes only.

Basic Dip and Variations

Basic Dip

Yield: 625 mL (2½ cups), 20 servings (30 mL / 2 tbsp per serving)

This creamy, low-fat dip makes a great substitute for sour cream in dips, spreads, and dressings (but cannot be substituted for sour cream in heated foods such as beef stroganoff). Flavour this dip to create savoury or sweet variations. Recipes for some are given below. Plain, fat-free (0% M.F.) Greek-style yogurt can be substituted for the cottage cheese and does not need to be processed in a blender or food processor.

500 mL (2 cups)	1% M.F. cottage cheese
60 mL (¼ cup)	skim milk
30 mL (2 tbsp)	lemon juice

1. Blend cottage cheese, skim milk, and lemon juice in a blender or food processor until mixture is creamy. Add additional milk if a thinner consistency is desired.

Source: Recipe from the HeartSmart Cooking Course – Heart and Stroke Foundation of Ontario

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 25	
Total Fat 0.3 g	0 %
Saturated 0.2 g + Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 125 mg	5 %
Carbohydrate 1 g	0 %
Fibre 0 g	5 %
Sugars 1 g	
Protein 4 g	
Vitamin A	0 %
Vitamin C	2 %
Calcium	2 %
Iron	0 %

Herbed Green Dressing

Yield: 750 mL (3 cups), 25 servings (30 mL / 2 tbsp per serving)

500 mL (2 cups)	1% M.F. cottage cheese
60 mL (¼ cup)	skim milk
30 mL (2 tbsp)	lemon juice
60 mL (¼ cup)	chopped fresh parsley
60 mL (¼ cup)	chopped watercress or baby arugula
30 mL (2 tbsp)	chopped green onion
15 mL (1 tbsp)	reduced-fat mayonnaise
5 mL (1 tsp)	Worcestershire sauce
	Freshly ground pepper, to taste

1. Blend cottage cheese, milk, and lemon juice in a blender or food processor until mixture is creamy. Add additional milk if a thinner consistency is desired.
2. Place cottage cheese mixture in a bowl. Stir in parsley, watercress, onion, mayonnaise, Worcestershire sauce, and pepper until combined.

Source: Recipe from the HeartSmart Cooking Course – Heart and Stroke Foundation of Ontario

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 20	
Total Fat 0.5 g	**1 %**
Saturated 0.2 g +Trans 0 g	**1 %**
Cholesterol 0 mg	
Sodium 110 mg	**5 %**
Carbohydrate 1 g	**0 %**
Fibre 0 g	**0 %**
Sugars 1 g	
Protein 3 g	
Vitamin A	**2 %**
Vitamin C	**4 %**
Calcium	**2 %**
Iron	**0 %**

Onion Dill Dressing

Yield: 675 mL (2¾ cups), 22 servings (30 mL / 2 tbsp per serving)

500 mL (2 cups)	1% M.F. cottage cheese
60 mL (¼ cup)	skim milk
30 mL (2 tbsp)	lemon juice
30 mL (2 tbsp)	chopped fresh dill
30 mL (2 tbsp)	minced onion
	Freshly ground pepper, to taste

1. Blend cottage cheese, milk, and lemon juice in a blender or food processor until mixture is creamy. Add additional milk if a thinner consistency is desired.
2. Place cottage cheese mixture in a bowl. Stir in dill, onion, and pepper until combined.

Source: Recipe from the HeartSmart Cooking Course – Heart and Stroke Foundation of Ontario

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 20	
Total Fat 0.3 g	0 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 100 mg	4 %
Carbohydrate 1 g	0 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 3 g	
Vitamin A	0 %
Vitamin C	2 %
Calcium	2 %
Iron	0 %

Hot and Spicy Dip

Yield: 750 mL (3 cups), 25 servings (30 mL / 2 tbsp per serving)

500 mL (2 cups)	1% M.F. cottage cheese
60 mL (¼ cup)	skim milk
30 mL (2 tbsp)	lemon juice
½	small onion, diced
30 mL (2 tbsp)	chopped fresh parsley
5 mL (1 tsp)	Dijon mustard
2 mL (½ tsp)	hot pepper sauce

1. Blend cottage cheese, milk, and lemon juice in a blender or food processor until mixture is creamy. Add additional milk if a thinner consistency is desired.
2. Place cottage cheese mixture in a bowl. Stir in onion, parsley, mustard, and hot pepper sauce until combined.

Source: Recipe from the HeartSmart Cooking Course – Heart and Stroke Foundation of Ontario

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 20	
Total Fat 0.3 g	**0 %**
Saturated 0.2 g +Trans 0 g	**1 %**
Cholesterol 0 mg	
Sodium 110 mg	**5 %**
Carbohydrate 1 g	**0 %**
Fibre 0 g	**0 %**
Sugars 1 g	
Protein 3 g	
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**2 %**
Iron	**0 %**

Classic Hummus

Yield: 750 mL (3 cups), 25 servings (30 mL / 2 tbsp per serving)

Use hummus as a dip for fresh veggies or pita wedges. It can also be used as a tangy spread on sandwiches or pita.

2 cans (540 mL each)	chickpeas, drained and rinsed*
60 mL (¼ cup)	lemon juice
45 mL (3 tbsp)	canola or olive oil
30 mL (2 tbsp)	tahini**
2	cloves garlic, minced

1. In a food processor, process chickpeas until coarsely chopped. Scrape down the sides of the bowl and add lemon juice, oil, and tahini.
2. Process until completely smooth, stopping to scrape down the sides of the bowl as necessary, for 1 to 2 minutes. Pulse in garlic and, if necessary, add water to thin hummus to desired consistency.

See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.
***Tahini is a thick paste of ground sesame seeds. It adds a nutty flavour to the hummus.*

Tip: This recipe can be doubled or reduced by half.

Storage Tip: Cover and refrigerate for up to 5 days.

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 60	
Total Fat 3 g	5 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 75 mg	3 %
Carbohydrate 7 g	2 %
Fibre 1 g	5 %
Sugars 1 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	4 %
Calcium	2 %
Iron	4 %

Fresh Vegetable Salsa

Yield: 2.5 L (10 cups), 80 servings (30 mL / 2 tbsp per serving)

For maximum flavour, prepare this recipe the day before serving.

6	jalapeño peppers
8	large ripe plum tomatoes, coarsely chopped
2	medium onions, diced
3	cloves garlic, minced
1	medium green bell pepper, chopped
125 mL (½ cup)	loosely packed chopped fresh cilantro
175 mL (¾ cup)	white vinegar
1 can (156 mL)	tomato paste
2 mL (½ tsp)	ground cumin

1. Wearing gloves, cut jalapeño peppers in half lengthwise. Remove and discard seeds, and chop peppers finely. Place in a large bowl.
2. Add tomato, onion, garlic, green pepper, cilantro, vinegar, tomato paste, and cumin. Mix until well combined.
3. Cover bowl and refrigerate overnight.

Tip: This recipe can be doubled.

Storage Tip: Store in an airtight container in the refrigerator for up to 5 days.

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 10	
Total Fat 0.1 g	0 %
Saturated 0 g +Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 3 mg	0 %
Carbohydrate 2 g	1 %
Fibre 0 g	2 %
Sugars 1 g	
Protein 0 g	
Vitamin A	0 %
Vitamin C	8 %
Calcium	0 %
Iron	2 %

Roasted Red Pepper Hummus

Yield: 750 mL (3 cups), 25 servings (30 mL / 2 tbsp per serving)

This hummus is great to dip raw veggies into or as a spread for hamburgers or sandwiches. It can also be served on its own in half a whole wheat pita with tomatoes and cucumber slices.

2 cans (540 mL each)	chickpeas, drained and rinsed*
250 mL (1 cup)	chopped roasted red peppers
125 mL (½ cup)	tahini
5 mL (1 tsp)	ground cumin
30 mL (2 tbsp)	extra virgin olive oil
75 mL (⅓ cup)	water
30 mL (2 tbsp)	lemon juice
2	small cloves garlic, minced

1. In a food processor, pulse together chickpeas, peppers, tahini, and cumin.
2. With food processor running, add oil and water, and process until mixture is very smooth. Pulse in lemon juice and garlic until mixture is well combined and smooth.

**See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.*

Nutrition Facts
Per 30 mL (2 tbsp)

Amount	% Daily Value
Calories 90	
Total Fat 5 g	8 %
Saturated 0.5 g +Trans 0 g	4 %
Cholesterol 0 mg	
Sodium 75 mg	3 %
Carbohydrate 8 g	3 %
Fibre 2 g	7 %
Sugars 1 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	20 %
Calcium	2 %
Iron	8 %

Tips:

- This recipe can be doubled or reduced by half.
- To roast red peppers, grill whole peppers on a greased grill over medium-high heat for about 20 minutes, turning occasionally until blackened and charred. Let cool slightly and remove skin and seeds of peppers.

Storage Tip: Keep in an airtight container in the refrigerator for up to 2 weeks.

Source: Heart and Stroke Foundation Health Check™ Program
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2011. www.healthcheck.org
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Soups

Soup can be divided into three basic categories: clear or unthickened soups, thickened soups, and specialty soups. Specialty soups come from a specific region of the world and require specific ingredients or cooking techniques not used in other types of soups. Some examples of specialty soups are borscht, gazpacho, vichyssoise, bouillabaisse, and hot and sour soup.

Food Group: Mixed Dishes
Sub-group: Soups

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 3 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 720 mg **and** Fibre: ≥ 2 g	Fat: ≤ 5 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 720 mg	Fat: > 5 g **or** Saturated fat: > 2 g **or** Sodium: > 720 mg

Black Bean and Turkey Gumbo

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

15 mL (1 tbsp)	canola or olive oil
4	onions, diced
4	large stalks celery, diced
2	green bell peppers, diced
30 mL (2 tbsp)	minced garlic
15 mL (1 tbsp)	paprika
5 mL (1 tsp)	dried thyme leaves
5 mL (1 tsp)	ground black pepper
5 mL (1 tsp)	cayenne pepper
500 mL (2 cups)	tomato paste
1 can (540 mL)	black beans, drained and rinsed*
300 mL (1¼ cups)	diced cooked turkey
4 L (16 cups)	chicken stock**
250 mL (1 cup)	cooked brown basmati rice (cooked without salt)

1. In a large stockpot, heat olive oil over medium heat and cook onion, stirring, for about 10 minutes or until softened. Add celery, green pepper, garlic, paprika, thyme, and black and cayenne pepper, and stir to coat. Stir in tomato paste, beans, and turkey.
2. Pour in chicken stock and stir to combine. Bring to a boil, reduce heat, and simmer mixture for about 1 hour or until vegetables are tender. Stir in cooked rice and heat through.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

**See Chicken Stock recipe.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 130	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 10 mg	
Sodium 120 mg	5 %
Carbohydrate 18 g	6 %
Fibre 3 g	12 %
Sugars 6 g	
Protein 9 g	
Vitamin A	8 %
Vitamin C	25 %
Calcium	2 %
Iron	15 %

Broccoli and Cheddar Soup

Yield: 2 L (8 cups), 8 servings (250 mL / 1 cup per serving)
Scaled Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

8 Servings		24 Servings
1	large head broccoli	3
4	green onions, thinly sliced	12
2	medium potatoes, peeled and chopped into 2.5 cm (1 inch) cubes	6
1 mL (¼ tsp)	hot pepper flakes (optional)	4 mL
500 mL (2 cups)	chicken or vegetable stock*	1.5 L
750 mL (3 cups)	skim milk	2.25 L
125 mL (½ cup)	grated reduced-fat (18% M.F.) old cheddar cheese	375 mL
	Freshly ground black pepper	

1. Cut broccoli stalk from head; peel fibrous outer layer from stalk and chop it coarsely. Cut broccoli head into small florets and set aside.
2. In a large pot, combine chopped broccoli stalks, green onion, potato, and hot pepper flakes (if using). Add stock and bring to a boil over high heat. Reduce heat to medium-low and boil gently for 20 to 25 minutes or until potato and broccoli stalk are almost tender. Add broccoli florets and cook, covered, for 8 to 10 minutes or until broccoli is tender.
3. In a blender, purée the soup in batches until smooth. Return to pot and stir in milk. Heat over medium-low heat, stirring often, just until steaming. Do not allow soup to boil. Stir in cheddar and season soup to taste with black pepper.

*See Chicken Stock or Vegetable Stock recipe.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 140	
Total Fat 3 g	**5 %**
Saturated 2 g +Trans 0 g	**9 %**
Cholesterol 10 mg	
Sodium 135 mg	**6 %**
Carbohydrate 20 g	**7 %**
Fibre 2 g	**9 %**
Sugars 7 g	
Protein 9 g	
Vitamin A	**15 %**
Vitamin C	**70 %**
Calcium	**20 %**
Iron	**6 %**

Carrot Ginger Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
4	onions, diced
125 mL (½ cup)	minced fresh ginger
30 mL (2 tbsp)	minced garlic
4 L (16 cups)	diced carrot
4	large stalks celery, diced
5 mL (1 tsp)	ground black pepper
4 L (16 cups)	vegetable stock*
250 mL (1 cup)	unsweetened orange juice
60 mL (¼ cup)	chopped fresh parsley

1. In a large stockpot, heat oil over medium heat, and cook onion for about 10 minutes or until softened and translucent. Stir in ginger and garlic, and cook for 5 minutes. Add carrot, celery, and pepper, and stir to combine.
2. Pour in stock and orange juice; bring to a boil. Reduce heat and simmer for about 1 hour or until vegetables are tender.
3. Using an immersion blender, purée soup until smooth.
4. Serve immediately, sprinkled with parsley.

*See Vegetable Stock recipe

Tip: If using a regular blender or a food processor, purée soup in batches and reheat to serve.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 80	
Total Fat 1.5 g	**2 %**
Saturated 0.1 g +Trans 0 g	**1 %**
Cholesterol 0 mg	
Sodium 70 mg	**3 %**
Carbohydrate 14 g	**5 %**
Fibre 3 g	**13 %**
Sugars 7 g	
Protein 2 g	
Vitamin A	**150 %**
Vitamin C	**15 %**
Calcium	**4 %**
Iron	**6 %**

Chicken Noodle Soup with Dill and Lemon

Yield: 9 servings (250 mL / 1 cup per serving)

Chicken noodle soup is the quintessential comfort food – especially when someone is not feeling well! This version gets a healthful update.

2.5 L (10 cups)	chicken stock*
3	medium carrots, diced
1	large stalk celery, diced
45 mL (3 tbsp)	minced fresh ginger
6	cloves garlic, minced
500 mL (2 cups)	whole wheat egg noodles
750 mL (3 cups)	shredded cooked skinless chicken breast
45 mL (3 tbsp)	chopped fresh dill
15 mL (1 tbsp)	lemon juice, or to taste

1. In a Dutch oven or large pot, bring stock to a boil. Add carrot, celery, ginger, and garlic; cook, uncovered, over medium heat for about 20 minutes or until vegetables are just tender.
2. Add noodles and chicken; simmer for 8 to 10 minutes or until noodles are just tender. Stir in dill and lemon juice, and serve.

*See Chicken Stock recipe.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 170	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 35 mg	
Sodium 85 mg	4 %
Carbohydrate 17 g	6 %
Fibre 2 g	6 %
Sugars 4 g	
Protein 17 g	
Vitamin A	30 %
Vitamin C	4 %
Calcium	2 %
Iron	8 %

Classic Potato Leek Soup

Yield: 8 servings (250 mL / 1 cup per serving)

10 mL (2 tsp)	canola or olive oil
3	leeks, white and light green parts only, thinly sliced
2	stalks celery, thinly sliced
1 mL (¼ tsp)	ground black pepper
3	large baking or yellow-fleshed potatoes, peeled and diced
500 mL (2 cups)	chicken or vegetable stock*
250 mL (1 cup)	water
500 mL (2 cups)	1% milk
30 mL (2 tbsp)	lemon juice
	Freshly ground black pepper

1. In a pot, heat oil over medium heat. Add leek, celery, and pepper, and cook, stirring often, for 5 minutes or until leek is tender. Add potato, stock, and water; cover and bring to a boil over high heat. Reduce heat to medium-low and boil gently, covered, for 15 minutes or until potato is soft. Remove from heat.
2. In a blender, in batches, or with an immersion blender, purée about half of the soup until smooth, leaving half chunky. Return soup to the pot. Stir in milk; heat over medium heat, stirring often, just until steaming (do not let boil). Stir in lemon juice and season to taste with pepper.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 150	
Total Fat 2.5 g	4 %
Saturated 1 g +Trans 0.1 g	4 %
Cholesterol 5 mg	
Sodium 60 mg	3 %
Carbohydrate 27 g	9 %
Fibre 2 g	7 %
Sugars 6 g	
Protein 6 g	
Vitamin A	4 %
Vitamin C	20 %
Calcium	10 %
Iron	6 %

*See Chicken Stock or Vegetable Stock recipe.

Source: Dairy Farmers of Canada. www.dairygoodness.ca

Cream of Mushroom Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
4	onions, diced
2	large stalks celery, diced
1 kg (2 lb)	button mushrooms, coarsely chopped
30 mL (2 tbsp)	minced garlic
4 L (16 cups)	béchamel sauce*
5 mL (1 tsp)	ground white pepper
60 mL (¼ cup)	chopped fresh parsley

1. In a large stockpot, heat oil over medium heat and cook onion and celery for about 10 minutes or until softened and translucent. Stir in mushrooms and garlic; cook, stirring occasionally, for 10 minutes. Stir in béchamel sauce and pepper, and bring to a boil. Reduce heat and simmer soup for about 1 hour or until vegetables are tender.
2. Using an immersion blender, purée soup until smooth.
3. Serve immediately sprinkled with parsley.

*See Béchamel Sauce recipe.

Tip: If using a regular blender or a food processor, purée soup in batches and reheat to serve.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 110	
Total Fat 1.5 g	2 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 5 mg	
Sodium 75 mg	3 %
Carbohydrate 19 g	6 %
Fibre 1 g	5 %
Sugars 10 g	
Protein 7 g	
Vitamin A	10 %
Vitamin C	6 %
Calcium	20 %
Iron	6 %

Curried Cauliflower Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
4	onions, diced
60 mL (¼ cup)	curry powder
30 mL (2 tbsp)	minced garlic
15 mL (1 tbsp)	minced fresh ginger
2 kg (4 lb)	cauliflower, coarsely chopped (about 2 large heads)
2	large stalks celery, diced
2	large carrots, diced
4 L (16 cups)	vegetable stock*
60 mL (¼ cup)	chopped fresh parsley

1. In a large stockpot, heat oil over medium heat and cook onion for about 10 minutes or until softened and translucent. Stir in curry powder, garlic, and ginger, and cook for 5 minutes. Add cauliflower, celery, and carrot; stir to combine. Pour in vegetable stock and bring to a boil. Reduce heat and simmer for about 1 hour or until vegetables are tender.
2. Using an immersion blender, purée soup until smooth.
3. Serve immediately, sprinkled with parsley.

*See Vegetable Stock recipe.

Tip: If using a regular blender or a food processor, purée soup in batches and reheat to serve.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 60	
Total Fat 2 g	3 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 40 mg	2 %
Carbohydrate 10 g	3 %
Fibre 3 g	11 %
Sugars 5 g	
Protein 3 g	
Vitamin A	25 %
Vitamin C	60 %
Calcium	4 %
Iron	6 %

Hearty Tuscan Soup

Yield: 10 servings (250 mL / 1 cup per serving)

15 mL (1 tbsp)	canola or olive oil
1	large onion, diced
2	carrots, diced
2	stalks celery, chopped
3	cloves garlic, minced
10 mL (2 tsp)	dried oregano leaves
5 mL (1 tsp)	dried basil leaves
2 mL (½ tsp)	hot pepper flakes
125 mL (½ cup)	brown rice
1 can (796 mL)	no-salt-added stewed tomatoes
750 mL (3 cups)	chicken or vegetable stock*
1 can (540 mL)	mixed beans, drained and rinsed**
1 pkg (300 g)	frozen chopped spinach

1. In a soup pot, heat oil over medium heat and cook onion, carrot, celery, garlic, oregano, basil, and hot pepper flakes for about 10 minutes or until vegetables have softened. Stir in rice to coat.
2. Add tomato, stock, beans, and spinach; bring to a boil. Cover and simmer for about 40 minutes or until rice is tender.

**See Chicken Stock or Vegetable Stock recipe.*

***See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.*

Tip: Spinach can be replaced with 500 mL (2 cups) frozen mixed vegetables.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 160	
Total Fat 3 g	**5 %**
Saturated 0.5 g +Trans 0 g	**3 %**
Cholesterol 0 mg	
Sodium 190 mg	**8 %**
Carbohydrate 27 g	**9 %**
Fibre 5 g	**22 %**
Sugars 7 g	
Protein 8 g	
Vitamin A	**50 %**
Vitamin C	**15 %**
Calcium	**8 %**
Iron	**20 %**

Source: Heart and Stroke Foundation
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2011.
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Italian Egg-Drop Soup

Yield: 8 servings (250 mL / 1 cup per serving)

Italian egg-drop soup, stracciatella, is traditionally a light soup made with just chicken stock, eggs, and herbs. Adding pasta, chickpeas, and arugula turns it into a meal.

750 mL (3 cups)	chicken stock*
750 mL (3 cups)	water
250 mL (1 cup)	whole wheat medium pasta shells or other small pasta
1 can (540 mL)	chickpeas, drained and rinsed**
1 bunch	green onions, sliced, white and green parts separated
Pinch	freshly grated nutmeg
750 mL (3 cups)	lightly packed baby arugula, chopped
4	eggs, lightly beaten
	Freshly ground pepper
30 mL (2 tbsp)	lemon juice
75 mL (⅓ cup)	freshly grated Parmesan cheese

1. In a Dutch oven or large saucepan, combine chicken stock, water, pasta, chickpeas, the white part of the green onions, and nutmeg. Cover and bring to a boil over high heat. Uncover and boil for 3 to 5 minutes.
2. Stir in arugula and cook for about 1 minute or until wilted. Reduce heat to low. While stirring the soup constantly, slowly add the eggs; cook for 2 minutes. (The cooked egg will form feathery strands.) Season with pepper to taste, and stir in the green part of the onions and the lemon juice. Ladle into bowls and top with cheese.

See Chicken Stock recipe

***See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.*

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 170	
Total Fat 3 g	**5 %**
Saturated 1 g +Trans 0 g	**4 %**
Cholesterol 50 mg	
Sodium 160 mg	**7 %**
Carbohydrate 26 g	**9 %**
Fibre 4 g	**14 %**
Sugars 4 g	
Protein 10 g	
Vitamin A	**6 %**
Vitamin C	**10 %**
Calcium	**6 %**
Iron	**15 %**

Lentil and Red Kidney Bean Soup

Yield: 3 L (12 cups), 12 servings (250 mL / 1 cup per serving)

15 mL (1 tbsp)	canola or olive oil
2	onions, diced
2	large stalks celery, diced
2	large carrots, diced
15 mL (1 tbsp)	minced garlic
7 mL (1½ tsp)	ground cumin
2 mL (½ tsp)	dried thyme leaves
2 mL (½ tsp)	ground black pepper
325 mL (1⅓ cups)	dried green lentils, picked through and rinsed thoroughly
1 can (540 mL)	red kidney beans, drained and rinsed*
250 mL (1 cup)	tomato paste
2 L (8 cups)	vegetable stock**
60 mL (¼ cup)	chopped fresh parsley

1. In a large stockpot, heat oil over medium heat and cook onion for about 10 minutes or until softened and translucent. Add celery, carrot, garlic, cumin, thyme, and pepper, and stir to coat. Stir in lentils, beans, and tomato paste. Pour in stock and bring to a boil. Reduce heat and simmer for about 1 hour or until lentils are tender.
2. Serve immediately, sprinkled with parsley.

**See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.*

***See Vegetable Stock recipe.*

Tip: This recipe can be doubled.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 170	
Total Fat 2 g	3 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 160 mg	7 %
Carbohydrate 30 g	10 %
Fibre 7 g	29 %
Sugars 8 g	
Protein 10 g	
Vitamin A	40 %
Vitamin C	15 %
Calcium	6 %
Iron	30 %

Mexican Tortilla Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
4	onions, diced
4	large stalks celery, diced
30 mL (2 tbsp)	minced garlic
15 mL (1 tbsp)	paprika
15 mL (1 tbsp)	ground cumin
5 mL (1 tsp)	ground black pepper
4 L (16 cups)	chicken stock*
1 L (4 cups)	water
500 mL (2 cups)	tomato paste
250 g (½ lb)	diced cooked chicken breast

Toppings:

125 mL (½ cup)	plain, fat-free (0% M.F.) Greek-style yogurt
6	15 cm (6 inch) whole wheat flour tortillas, cut into strips and baked until golden and crispy
125 mL (½ cup)	grated part-skim (16.5% M.F.) mozzarella cheese
75 mL (⅓ cup)	chopped fresh cilantro

1. In a large stockpot, heat oil over medium heat and cook onion for about 10 minutes or until softened and translucent.
2. Add celery, garlic, paprika, cumin, and pepper; stir to coat well.
3. Add chicken stock, water, tomato paste, and chicken, and bring to a boil. Reduce heat and simmer for about 1 hour or until the vegetables are tender. Serve each bowl of soup with a dollop of yogurt (5 mL / 1 tsp) and a few strips of tortilla. Sprinkle with cheese (5 mL / 1 tsp) and cilantro.

*See Chicken Stock recipe.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 110	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 15 mg	
Sodium 105 mg	4 %
Carbohydrate 12 g	4 %
Fibre 2 g	7 %
Sugars 5 g	
Protein 9 g	
Vitamin A	8 %
Vitamin C	10 %
Calcium	4 %
Iron	10 %

Mushroom Barley Soup

Yield: 3 L (12 cups), 12 servings (250 mL / 1 cup per serving)

This thick, stew-like, hearty soup is perfect on a cold winter day. Serve it with some Tabasco sauce for an added kick of spice and heat!

15 mL (1 tbsp)	canola or olive oil
250 g (½ lb)	extra-lean ground beef
1	onion, chopped
2	cloves garlic, minced
500 g (1 lb)	button mushrooms, sliced
1	carrot, chopped
1	celery stalk, chopped
15 mL (1 tbsp)	chopped fresh thyme
30 mL (2 tbsp)	tomato paste
15 mL (1 tbsp)	balsamic vinegar
1 mL (¼ tsp)	each salt and pepper
1 L (4 cups)	beef stock*
1 L (4 cups)	water
125 mL (½ cup)	pot barley
1	bay leaf
1 can (540 mL)	black beans, drained and rinsed**

1. In a large deep pot, heat oil over medium-high heat and cook beef until no longer pink. Reduce heat to medium, and add onion and garlic; cook, stirring, for 5 minutes. Add mushrooms, carrot, celery, and thyme, and cook for about 15 minutes or until all the liquid from the mushrooms has evaporated.
2. Add tomato paste, vinegar, salt, and pepper; stir to coat vegetables. Add stock, water, barley, and bay leaf; bring to a boil. Reduce heat, cover, and simmer for about 45 minutes or until barley is tender. Add beans and heat through. Remove bay leaf before serving.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 140	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0.1 g	4 %
Cholesterol 10 mg	
Sodium 170 mg	7 %
Carbohydrate 18 g	6 %
Fibre 5 g	20 %
Sugars 2 g	
Protein 10 g	
Vitamin A	10 %
Vitamin C	6 %
Calcium	4 %
Iron	15 %

*See Beef Stock recipe.
**See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Tips:

- Replace the beef with ground chicken or turkey and use chicken stock instead of beef stock.
- Mushrooms come in all shapes and sizes. The best for this soup are white, brown (cremini), shiitake, oyster, or even portobello mushrooms.

Source: Emily Richards, PHEc

Oriental Beef Vegetable Soup

Yield: 3 L (12 cups), 12 servings (250 mL / 1 cup per serving)

15 mL (1 tbsp)	canola or olive oil
2	onions, diced
1	large stalk celery, thinly sliced diagonally
1	large carrot, shredded
½	each green and red bell pepper, thinly sliced
250 mL (1 cup)	shredded green cabbage
1 can (398 mL)	baby corn, drained and rinsed
1 can (227 mL)	sliced water chestnuts, drained and rinsed
75 g (2½ oz)	cooked lean beef, thinly sliced and coarsely chopped
15 mL (1 tbsp)	minced fresh ginger
15 mL (1 tbsp)	minced garlic
15 mL (1 tbsp)	sesame seeds
2 mL (½ tsp)	ground black pepper
2 L (8 cups)	beef stock*
60 mL (¼ cup)	reduced-sodium soy sauce
75 g (2½ oz)	uncooked thin rice vermicelli noodles, broken
60 mL (¼ cup)	chopped fresh cilantro

1. In a large stockpot, heat oil over medium heat and cook onion for about 10 minutes or until softened and translucent. Stir in celery, carrot, green and red pepper, cabbage, corn, water chestnuts, beef, ginger, garlic, sesame seeds, and black pepper. Pour in beef stock and soy sauce, and bring to a boil. Reduce heat and simmer for about 1 hour or until vegetables are tender.
2. While soup is simmering, place vermicelli in a medium bowl. Pour warm water over noodles and let stand for 10 minutes until softened. Drain, then cook the noodles in boiling water for about a minute. Drain and keep warm.
3. Serve soup sprinkled with vermicelli and cilantro.

*See Beef Stock recipe.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 100	
Total Fat 2 g	3 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 5 mg	
Sodium 280 mg	12 %
Carbohydrate 15 g	5 %
Fibre 2 g	8 %
Sugars 3 g	
Protein 7 g	
Vitamin A	15 %
Vitamin C	25 %
Calcium	4 %
Iron	10 %

Tip: This recipe can be doubled.

Roasted Butternut Squash Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

2	large butternut squash (about 1 kg / 2 lb each), peeled, seeded, and chopped
60 mL (¼ cup)	canola or olive oil
4	onions, diced
2	large stalks celery, diced
2	large carrots, diced
30 mL (2 tbsp)	minced garlic
5 mL (1 tsp)	ground black pepper
5 mL (1 tsp)	ground turmeric
4 L (16 cups)	vegetable stock*
60 mL (¼ cup)	chopped fresh parsley

1. Toss squash with half of the oil and spread on large parchment-paper-lined baking sheet in a single layer. Roast in preheated 200°C (400°F) oven, turning occasionally, for about 1 hour or until golden brown and tender; set aside.
2. Meanwhile, in a large stockpot heat remaining oil over medium heat and cook onion for about 10 minutes or until softened and translucent. Add celery, carrot, garlic, pepper, and turmeric, stirring to combine. Add roasted squash and stock; bring to a boil. Reduce heat and simmer for about 1 hour or until vegetables are tender.
3. Using an immersion blender, purée soup until smooth.
4. Serve immediately, sprinkled with parsley.

*See Vegetable Stock recipe.

Tip: If using a regular blender or a food processor, purée soup in batches and reheat to serve.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 120	
Total Fat 3 g	**5 %**
Saturated 0.3 g +Trans 0.1 g	**2 %**
Cholesterol 0 mg	
Sodium 180 mg	**8 %**
Carbohydrate 23 g	**8 %**
Fibre 5 g	**21 %**
Sugars 9 g	
Protein 3 g	
Vitamin A	**90 %**
Vitamin C	**45 %**
Calcium	**10 %**
Iron	**10 %**

Three Sisters Soup

Yield: 8 servings (250 mL / 1 cup per serving)

The Iroquois cultivated the "three sisters" (corn, beans, and squash) and used these vegetables in their diet.

500 mL (2 cups)	peeled and cubed butternut squash
375 mL (1½ cups)	peeled and cubed potatoes
2	cloves garlic, minced
1.25 L (5 cups)	chicken stock*
500 mL (2 cups)	fresh or frozen cut green beans
375 mL (1½ cups)	frozen corn kernels
15 mL (1 tbsp)	chopped fresh thyme
	Freshly ground black pepper

1. In a large soup pot, combine squash, potatoes, and garlic; add chicken stock. Bring to a boil; reduce heat to low and simmer for 10 minutes.
2. Add green beans, corn, and thyme; cook until vegetables are tender, about 5 minutes.
3. Season with pepper to taste, and serve.

*See Chicken Stock recipe.

Tip: This recipe can be doubled or tripled.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 130	
Total Fat 2 g	3 %
Saturated 0.5 g +Trans 0 g	3 %
Cholesterol 5 mg	
Sodium 35 mg	1 %
Carbohydrate 22 g	7 %
Fibre 2 g	9 %
Sugars 5 g	
Protein 6 g	
Vitamin A	30 %
Vitamin C	20 %
Calcium	4 %
Iron	8 %

Tomato-Basil Soup

Yield: 6 L (24 cups), 24 servings (250 mL / 1 cup per serving)

30 mL (2 tbsp)	canola or olive oil
4	onions, diced
2	large stalks celery, diced
2	large carrots, diced
30 mL (2 tbsp)	minced garlic
5 mL (1 tsp)	ground black pepper
2 L (8 cups)	tomato sauce*
2 L (8 cups)	vegetable stock**
500 mL (2 cups)	tomato paste
150 mL (⅔ cup)	chopped fresh basil

1. In a large stockpot, heat oil over medium heat and cook onion for about 10 minutes or until softened and translucent. Stir in celery, carrot, garlic, and pepper. Add tomato sauce, vegetable stock, and tomato paste; bring to a boil. Reduce heat and simmer for about 1 hour or until vegetables are tender.
2. Using an immersion blender, purée soup until smooth.
3. Serve immediately, sprinkled with basil.

*See Tomato Sauce recipe.
**See Vegetable Stock recipe.

Tip: If using a regular blender or a food processor, purée soup in batches and reheat to serve.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 70	
Total Fat 2 g	3 %
Saturated 0.2 g +Trans 0.1 g	1 %
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 13 g	4 %
Fibre 3 g	11 %
Sugars 7 g	
Protein 2 g	
Vitamin A	25 %
Vitamin C	30 %
Calcium	4 %
Iron	15 %

Breads

There are many types of grains, including wheat, rice, oats, barley, corn, rye, quinoa, and buckwheat. These grains can be either whole or refined. *Whole grains* contain all three parts of the kernel. *Refined grains* are whole grains that have had the germ and the bran removed. This results in a loss of nutrients and fibre. Some refined grains (e.g., white flour) are *enriched*, which means that some of the lost nutrients (e.g., B vitamins, iron) are added back, but enriched refined grains still lack some of the nutrients found in whole grains.

Most whole wheat flour sold in Canada is *not* whole grain. Under Canadian Food and Drug Regulations, up to 5% of the kernel can be removed. The portion of the kernel that is removed contains much of the germ and some of the bran. A flour from which this portion of the kernel has been removed would no longer be considered whole grain.

For more information, go to Health Canada's "Whole Grains – Get the Facts" web page (www.hc-sc.gc.ca/fn-an/nutrition/whole-grain-entiers-eng.php).

Food Group: Grain Products
Sub-group: Bread

Healthiest [Sell Most (≥ 80%)]	**Healthy [Sell Less (≤ 20%)]**	**Not Permitted for Sale**
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Whole grain is the first item on the ingredient list **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 240 mg **and** Fibre: ≥ 2 g **Examples:** • Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • Whole grain pizza dough and flatbread	Saturated fat: ≤ 2 g **and** Sodium: ≤ 480 mg **Examples:** • White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • White (enriched) pizza dough	Saturated fat: > 2 g **or** Sodium: > 480 mg **Examples:** • White breads that are higher in fat or sodium • Some cheese breads, scones, and biscuits

What is a whole grain?

Grains are the seeds of certain plants. The seed, or kernel, is made up of three parts: the bran, the endosperm, and the germ.

Is whole grain whole wheat flour available?

Yes! A heritage variety of whole grain whole wheat flour, Red Fife flour, has recently become more widely available. It can be found in bulk food stores. Red Fife flour has exceptional flavour and baking properties. It is an Ontario-grown product ideally suited for traditional baking of artisan breads and is excellent for sourdough baking. Read more about the origin of Red Fife wheat on Agriculture and Agri-food Canada's website (www4.agr.gc.ca/AAFC-AAC/display-afficher.do?id=1181305178350#origin_red_fife).

The following bread recipes all incorporate whole grain Red Fife flour as the primary ingredient, making them compliant with the *Healthiest (Sell Most)* nutrition criteria.

Flax and Red Fife Whole Wheat Bread

Yield: 2 loaves; 12 slices per loaf (1 slice per serving)

500 mL (2 cups)	warm water, about 45°C (110°F)
60 mL (¼ cup)	canola oil
60 mL (¼ cup)	liquid honey
15 mL (1 tbsp)	active dry yeast
750 mL (3 cups)	hard, unbleached bread flour
500 to 750 mL (2 to 3 cups)	Red Fife flour
150 mL (⅔ cup)	ground flax
60 mL (¼ cup)	gluten flour
5 mL (1 tsp)	salt

1. Place water in a small glass bowl. Add oil and honey, and stir until honey is dissolved. Sprinkle yeast over the honey mixture and let stand for 10 minutes or until yeast is dissolved and foamy.
2. Meanwhile, in a large bowl, mix all remaining ingredients the Red Fife flour.
3. Pour the yeast mixture into the flour mixture and stir until well combined.
4. Spread 250 mL (1 cup) of the remaining flour on a clean work surface. Turn out the dough and knead it, incorporating all of the flour on the work surface. Then add more of the remaining flour and continue kneading until the dough is smooth, elastic, and not sticky. Keep adding flour until this is achieved.
5. Divide the dough into 2 equal amounts and brush them with oil. Place dough in separate bowls, cover, and let dough rise until it has doubled in volume (about 45 to 60 minutes).
6. Press the dough so it releases much of the accumulated gases and returns to its original size. Shape dough into loaves and place them in oiled 1.5 L (1.5 quart) loaf pans. Cover and let dough rise until it has doubled or tripled in volume (about 60 minutes).
7. Preheat oven to 180°C (350°F). Bake loaves for 30 to 35 minutes or until crust is golden brown. Turn loaves out of the pans and let cool before slicing.

Nutrition Facts
Per slice

Amount	% Daily Value
Calories 180	
Total Fat 4.5 g	7 %
Saturated 0.4 g +Trans 0.1 g	2 %
Cholesterol 0 mg	
Sodium 100 mg	4 %
Carbohydrate 30 g	10 %
Fibre 3 g	13 %
Sugars 3 g	
Protein 6 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	15 %

Tip: Gluten flour contains over 70% protein. When combined with water, gluten gives dough its elasticity and allows the dough to hold gas from yeast and steam, causing the bread to rise. When baking with whole grain flours, such as Red Fife, which is lower in gluten, gluten flour provides the boost of gluten needed to make breads lighter. It is available in bulk food stores.

No-Knead Whole Grain Whole Wheat Bread

Yield: 1 large loaf; 12 slices per loaf (1 slice per serving)

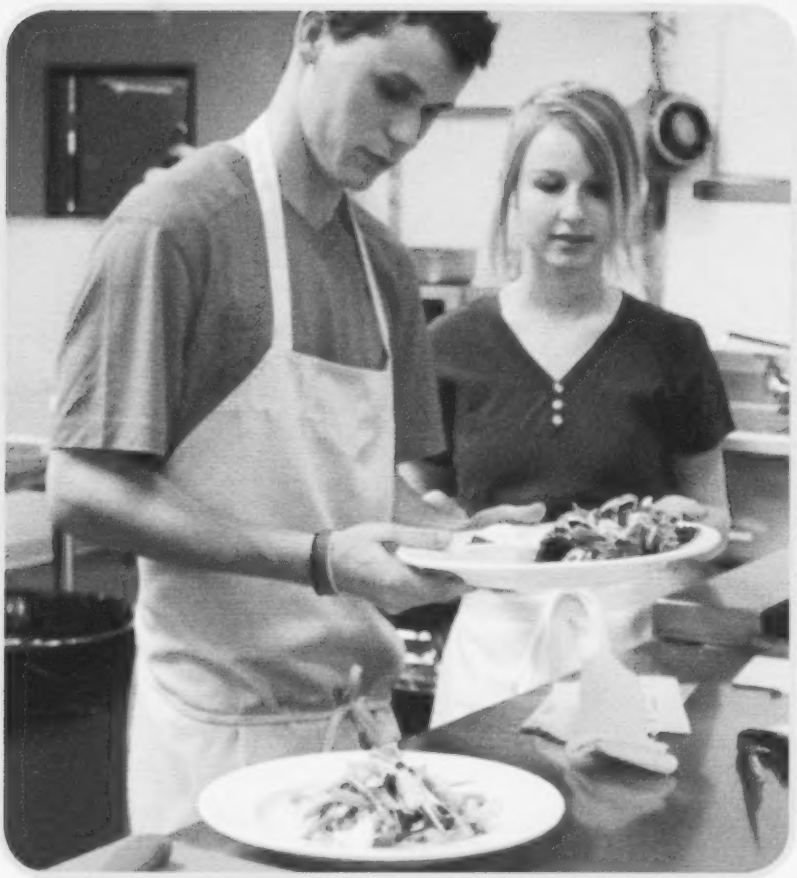
425 mL (1¾ cups) plus 150 mL (⅔ cup)	Red Fife flour
425 mL (1¾ cups)	hard, unbleached bread flour
60 mL (¼ cup)	gluten flour
2 mL (½ tsp)	dry active yeast
6 mL (1¼ tsp)	salt
400 mL (1⅔ cups)	water

1. In a large bowl, stir together 425 mL (1¾ cups) Red Fife flour with the bread and gluten flours, yeast, and salt. Add water and stir until ingredients are blended (dough will be sticky). Cover bowl with plastic wrap. Let dough rest for 18 hours at room temperature. Dough is ready when surface is dotted with bubbles.
2. Transfer dough to a well-floured work surface. Sprinkle dough with about 75 mL (⅓ cup) of the remaining Red Fife flour and fold dough over on itself once or twice. Dough will be very soft. Cover loosely with plastic wrap and let rest for about 15 minutes.
3. Scatter a generous handful of the remaining flour all over a clean cotton (not terrycloth) kitchen towel. Set aside. Using just enough of the remaining flour (about 60 mL / ¼ cup) to keep dough from sticking to the work surface or fingers, gently and quickly shape dough into a ball. Place dough seam-side down on prepared towel and dust with more of the remaining flour. Cover dough with another clean cotton towel. Let stand at room temperature until dough has doubled in volume, about 2 hours. When ready, dough will not readily spring back when poked with a finger.
4. Preheat oven to 230°C (450°F) for at least 30 minutes before dough is ready. Place a 4 to 6 L (4 to 6 quart) heavy (stainless steel or enamel-coated) covered pot in oven as it heats. When dough is ready, carefully remove pot from oven using oven mitts and place on a heatproof surface. Remove top towel from dough. Slide hand under the bottom towel and turn dough over into pot, seam-side up (it may look messy). If dough is unevenly distributed, using oven mitts shake the pan once or twice; dough will straighten out as it bakes. Cover pot with lid and bake in centre of oven for 30 minutes. Remove lid and continue baking until top of loaf is golden brown, about 10 or 20 minutes more. Remove bread to a rack to cool.

Nutrition Facts
Per slice

Amount	% Daily Value
Calories 190	
Total Fat 1 g	2 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 240 mg	10 %
Carbohydrate 38 g	13 %
Fibre 4 g	15 %
Sugars 0 g	
Protein 9 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	15 %

Tip: Gluten flour contains over 70% protein. When combined with water, gluten gives dough its elasticity and allows the dough to hold gas from yeast and steam, which causes bread to rise. When baking with whole grain flours, such as Red Fife, which is lower in gluten, gluten flour provides the boost of gluten needed to make breads lighter. It is available in bulk food stores.



Salads

All of the salad recipes in this resource are considered to be a side dish. The portion size is suitable as an accompaniment that can be served with a sandwich or a slice of pizza, for example.

Food Group: Mixed Dishes
Sub-group: Side Dishes

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 5 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 360 mg **and** Fibre: ≥ 2 g	Fat: ≤ 7 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 360 mg	Fat: > 7 g **or** Saturated fat: > 2 g **or** Sodium: > 360 mg

Country Potato Salad

Yield: 12 servings (175 mL / ¾ cup per serving)
Scaled Yield: 24 servings (175 mL / ¾ cup per serving)

12 Servings		24 Servings
1.5 kg (3 lb)	mini potatoes	3 kg
250 mL (1 cup)	chopped celery	500 mL
60 mL (¼ cup)	chopped fresh parsley	125 mL
4	green onions, thinly sliced	8
30 mL (2 tbsp)	chopped fresh dill	60 mL
3	large hard-cooked eggs	6
Dressing:		
175 mL (¾ cup)	buttermilk (1% M.F.)	375 mL
15 mL (1 tbsp)	lemon juice	30 mL
15 mL (1 tbsp)	canola or olive oil	30 mL
	Freshly ground black pepper, to taste	

1. Place potatoes in a large pot, cover with water, and bring to a simmer over medium-high heat. Reduce heat to medium and cook potatoes, partially covered, for 15 to 20 minutes until just tender. Drain and let cool for about 15 minutes.
2. Cut potatoes into bite-sized pieces and place in a large salad bowl. Add celery, parsley, green onion, and dill.
3. Peel the eggs, chop coarsely, and set aside.
4. In a small bowl, whisk together buttermilk, lemon juice, oil, and pepper. Pour over potato mixture, add reserved chopped egg, and gently combine. Serve immediately or cover and refrigerate for up to 2 days.

Nutrition Facts
Per 175 mL (3/4 cup)

Amount	% Daily Value
Calories 120	
Total Fat 1.5 g	2 %
Saturated 0.5 g +Trans 0 g	3 %
Cholesterol 45 mg	
Sodium 45 mg	2 %
Carbohydrate 23 g	8 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 4 g	
Vitamin A	4 %
Vitamin C	30 %
Calcium	4 %
Iron	8 %

Tip: To hard-cook eggs, place them in a single layer in a saucepan and cover with water. Place saucepan over medium-high heat and bring water just to a boil. Reduce heat to low, cover saucepan, and cook eggs (barely simmering) for 10 minutes. Remove from heat, pour off hot water, and cover eggs with cold water. Let stand until cool enough to handle before peeling.

Couscous Salad

Yield: 8 servings (300 mL / 1¼ cups per serving)
Scaled Yield: 24 servings (300 mL / 1¼ cups per serving)

Serve this couscous preparation cold as a salad or hot as a side dish. Either way it tastes great!

8 Servings		24 Servings
2	shallots, finely chopped	6
1	English cucumber, diced	3
1	tomato, diced	3
1	carrot, grated	3
1	clove garlic, minced	3
½	red or yellow bell pepper, diced	1½
375 mL (1½ cups)	frozen corn kernels, thawed	1.125 L
250 mL (1 cup)	canned chickpeas, drained and rinsed*	750 mL
125 mL (½ cup)	chopped spinach	375 mL
125 mL (½ cup)	light Italian vinaigrette	375 mL
15 mL (1 tbsp)	red wine vinegar	45 mL
45 mL (3 tbsp)	chopped fresh flat-leaf parsley or basil	125 mL
1 mL (¼ tsp)	freshly ground black pepper	4 mL
500 mL (2 cups)	couscous	1.5 L
500 mL (2 cups)	boiling water	1.5 L

1. In a large bowl, combine shallots, cucumber, tomato, carrot, garlic, red pepper, corn, chickpeas, and spinach. Stir in vinaigrette, vinegar, parsley, and pepper until well combined; set aside.
2. Place couscous in another large bowl and pour in boiling water; stir with a fork, cover, and let stand for 15 minutes or until all the water is absorbed. Fluff couscous with a fork.
3. Add couscous to vegetables and combine. Cover and refrigerate for at least 1 hour.
4. Serve cold or heat in the microwave for 2 to 3 minutes per 500 mL (2 cup) amount.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Nutrition Facts
Per 300 mL (1 1/4 cups)

Amount	% Daily Value
Calories 290	
Total Fat 4 g	**6 %**
Saturated 0.5 g +Trans 0 g	**3 %**
Cholesterol 0 mg	
Sodium 280 mg	**12 %**
Carbohydrate 56 g	**19 %**
Fibre 4 g	**17 %**
Sugars 4 g	
Protein 10 g	
Vitamin A	**35 %**
Vitamin C	**50 %**
Calcium	**4 %**
Iron	**15 %**

Storage Tip: This salad can be refrigerated for up to 2 days.

Source: *Simply Great Food*, Dietitians of Canada (2007)
Adapted and reprinted with permission from Robert Rose Inc.

Crunchy Village Salad

Yield: 6 servings (375 mL / 1½ cups per serving)
Scaled Yield: 24 servings (375 mL / 1½ cups per serving)

This salad, which contains ingredients similar to those in a classic Greek salad, has more protein and fibre because it incorporates beans and hearty greens. Use a chunk of light feta, cut into small cubes, to give this salad a pronounced feta flavour.

6 Servings		24 Servings
1 L (4 cups)	romaine or escarole lettuce torn into bite-sized pieces	4 L
4	tomatoes (about 500 g / 1 lb)	16
375 mL (1½ cups)	white kidney beans, drained and rinsed*	1.5 L
1	green bell pepper, thinly sliced	4
½	cucumber, thinly sliced	2
125 mL (½ cup)	diced light feta cheese	500 mL
30 mL (2 tbsp)	chopped pitted Kalamata olives	125 mL
Dressing:		
30 mL (2 tbsp)	lemon juice	125 mL
15 mL (1 tbsp)	canola or olive oil	60 mL
1	clove garlic, minced	4
1 mL (¼ tsp)	freshly ground black pepper	5 mL
30 mL (2 tbsp)	chopped fresh oregano	125 mL
30 mL (2 tbsp)	chopped fresh flat-leaf parsley	125 mL
15 mL (1 tbsp)	chopped fresh mint	60 mL

1. Spread romaine over a large serving platter. Top with tomato, beans, and green pepper. Sprinkle with cucumber, feta, and olives.
2. In a small bowl, whisk together lemon juice, oil, garlic, and pepper. Drizzle over salad to coat. Add oregano, parsley, and mint to salad, and toss to combine well.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Source: Heart and Stroke Foundation Health Check™ Program
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Nutrition Facts
Per 375 mL (1 1/2 cups)

Amount	% Daily Value
Calories 140	
Total Fat 5 g	**8 %**
Saturated 1.5 g +Trans 0.1 g	**9 %**
Cholesterol 5 mg	
Sodium 340 mg	**14 %**
Carbohydrate 18 g	**6 %**
Fibre 6 g	**22 %**
Sugars 5 g	
Protein 7 g	
Vitamin A	**20 %**
Vitamin C	**70 %**
Calcium	**10 %**
Iron	**15 %**

Quinoa and Bean Salad

Yield: 8 servings (150 mL / ⅔ cup per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup per serving)

Quinoa, an ancient grain used in this easy-to-make salad, lives up to its reputation of being delicious, with its nutty flavour and slightly crunchy texture.

8 Servings		24 Servings
250 mL (1 cup)	quinoa	750 mL
500 mL (2 cups)	chicken stock*	1.5 L
375 mL (1½ cups)	cut green beans	1.125 L
250 mL (1 cup)	halved grape tomatoes	750 mL
1	large carrot, shredded	3
60 mL (¼ cup)	chopped fresh parsley	175 mL
Dressing:		
45 mL (3 tbsp)	orange juice	125 mL
30 mL (2 tbsp)	apple cider vinegar	90 mL
15 mL (1 tbsp)	canola oil	45 mL
1	clove garlic, minced	3
2 mL (½ tsp)	hot pepper sauce (optional)	7 mL

1. Place quinoa in a fine-mesh sieve. Rinse and drain well. In a non-stick skillet over medium-high heat, toast quinoa, stirring frequently, for about 6 minutes or until it is fragrant and beginning to make popping sounds. Remove from heat.
2. Add stock to quinoa and bring to boil. Cover, reduce heat to low, and simmer for about 15 minutes or until liquid is absorbed. Stir in green beans; cover and cook for 5 minutes. Using a fork, fluff quinoa and place in a large bowl. Let cool slightly. Add tomato, carrot, and parsley.
3. In a small bowl, whisk together orange juice, vinegar, oil, garlic, and hot pepper sauce (if using). Drizzle over salad and toss to combine. Serve salad warm or cold.

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 140	
Total Fat 4 g	6 %
Saturated 0.4 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 25 mg	1 %
Carbohydrate 21 g	7 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 5 g	
Vitamin A	30 %
Vitamin C	15 %
Calcium	2 %
Iron	10 %

*See Chicken Stock recipe

Tip: Frozen, thawed green beans or canned green beans can be substituted for fresh green beans.

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Rainbow Coleslaw Salad

Yield: 6 servings (175 mL / ¾ cup per serving)
Scaled Yield: 24 servings (175 mL / ¾ cup per serving)

Jazz up coleslaw with this variation that includes plenty of additional vegetables.

6 Servings		24 Servings
½	small cabbage (about 500 g / 1 lb)	2 small
2	carrots, shredded	8
2	stalks celery, finely diced	8
½	red bell pepper, thinly sliced	2
45 mL (3 tbsp)	chopped fresh parsley	175 mL
Dressing:		
45 mL (3 tbsp)	cider vinegar	175 mL
15 mL (1 tbsp)	canola oil	60 mL
10 mL (2 tsp)	packed brown sugar	45 mL
1	small clove garlic, minced	4
2 mL (½ tsp)	dry mustard	10 mL
2 mL (½ tsp)	celery seed	10 mL
Pinch	freshly ground black pepper	1 mL

1. Cut cabbage into pieces that will fit into the feed tube of a food processor. While motor is running, process enough cabbage pieces to make about 1 L (4 cups) chopped (for scaled yield, make about 4 L / 16 cups). Scrape cabbage into a large bowl. Add carrot, celery, red pepper, and parsley.
2. In a small bowl, whisk together vinegar, oil, sugar, garlic, mustard, celery seed, and black pepper. Pour over cabbage mixture and toss to coat.

Storage Tip: Cover and refrigerate for up to 2 days.

Nutrition Facts	
Per 175 mL (3/4 cup)	
Amount	% Daily Value
Calories 60	
Total Fat 2.5 g	4 %
Saturated 0.2 g +Trans 0.1 g	1 %
Cholesterol 0 mg	
Sodium 45 mg	2 %
Carbohydrate 10 g	3 %
Fibre 2 g	10 %
Sugars 6 g	
Protein 2 g	
Vitamin A	70 %
Vitamin C	110 %
Calcium	4 %
Iron	6 %

Source: Heart and Stroke Foundation
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Strawberry and Spinach Salad

Yield: 6 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

Spinach is an "all-star" green, a rich source of beta carotene and folate. If strawberries are not in season, replace them with sliced fresh mushrooms and bean sprouts or with canned mandarin orange sections.

6 Servings		24 Servings
1.5 L (6 cups)	spinach	6 L
½	small onion, finely chopped	2
250 mL (1 cup)	sliced strawberries	1 L
60 mL (¼ cup)	slivered almonds (optional)	250 mL
Dressing:		
30 mL (2 tbsp)	canola or olive oil	125 mL
30 mL (2 tbsp)	apple cider vinegar	125 mL
25 mL (1½ tbsp)	granulated sugar	100 mL
2 mL (½ tsp)	Worcestershire sauce	10 mL
7 mL (1½ tsp)	poppy seeds	30 mL

1. Tear spinach into bite-sized pieces and place in a large bowl. Add onion, strawberries, and slivered almonds (if using).
2. In a small bowl, whisk together oil, vinegar, sugar, Worcestershire sauce, and poppy seeds. Drizzle dressing over salad and toss to coat well.

Source: Colour It Up Program, Nutrition Resource Centre

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 80	
Total Fat 5 g	8 %
Saturated 0.4 g +Trans 0.1 g	3 %
Cholesterol 0 mg	
Sodium 30 mg	1 %
Carbohydrate 8 g	3 %
Fibre 2 g	6 %
Sugars 5 g	
Protein 1 g	
Vitamin A	20 %
Vitamin C	45 %
Calcium	4 %
Iron	8 %

Toasted Quinoa Salad

Yield: 6 servings (150 mL / ⅔ cup per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup per serving)

Quinoa, an ancient grain that offers a complete protein, is great in a salad. Always rinse quinoa before using it. The saponin (the protective coating on the outside of the grain that deters animals from eating it in the wild) gives quinoa a bitter taste if not rinsed off.

6 Servings		24 Servings
250 mL (1 cup)	quinoa	1 L
500 mL (2 cups)	vegetable or chicken stock*	2 L
1	large carrot, shredded	4
1	red bell pepper, diced	4
2	green onions, thinly sliced	8
60 mL (¼ cup)	chopped fresh mint or coriander	250 mL
Dressing:		
30 mL (2 tbsp)	reduced-sodium soy sauce	125 mL
15 mL (1 tbsp)	canola or olive oil	60 mL
1	clove garlic, minced	4
2 mL (½ tsp)	hot pepper sauce (optional)	10 mL

1. Place quinoa in a fine-mesh sieve. Rinse and drain well. In a non-stick skillet over medium-high heat, toast quinoa, stirring frequently, for about 6 minutes or until it is fragrant and beginning to make popping sounds. Remove from heat.
2. In a saucepan, bring stock to a boil and add quinoa. Stir and return to a boil. Cover, reduce heat to low, and simmer for about 20 minutes or until liquid is absorbed. Remove from heat and let stand for 5 minutes. Fluff quinoa with a fork and place in a large bowl. Let cool slightly. Add carrot, pepper, green onion, and mint.
3. In a small bowl, whisk together soy sauce, oil, garlic, and hot pepper sauce (if using). Drizzle dressing over salad and toss to combine. Serve warm or cold.

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 160	
Total Fat 4.5 g	7 %
Saturated 0.4 g +Trans 0.1 g	2 %
Cholesterol 0 mg	
Sodium 180 mg	8 %
Carbohydrate 26 g	9 %
Fibre 4 g	14 %
Sugars 3 g	
Protein 5 g	
Vitamin A	60 %
Vitamin C	90 %
Calcium	4 %
Iron	25 %

*See Vegetable Stock or Chicken Stock recipe.

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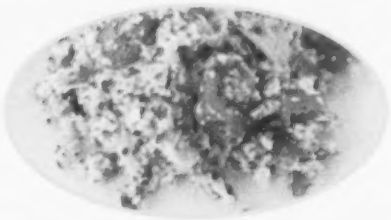
Tuna Tabbouleh



Yield: 8 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

Combine couscous and tuna in this salad to make a delicious lunch.

8 Servings		24 Servings
375 mL (1½ cups)	chicken stock*	1.125 L
2	large cloves garlic, minced	6
250 mL (1 cup)	whole wheat couscous	750 mL
500 mL (2 cups)	grape tomatoes, halved	1.5 L
125 mL (½ cup)	minced fresh flat-leaf parsley	375 mL
3	green onions, chopped	9
30 mL (2 tbsp)	chopped fresh mint	90 mL
2 cans (170 g each)	low-sodium flaked tuna in water, drained	6
Oregano Dressing:		
60 mL (¼ cup)	red or white wine vinegar	175 mL
45 mL (3 tbsp)	chicken stock*	125 mL
10 mL (2 tsp)	canola or olive oil	30 mL
30 mL (2 tbsp)	chopped fresh oregano	90 mL
1 mL (¼ tsp)	freshly ground black pepper	4 mL

1. In a saucepan or pot, bring chicken stock and garlic to a boil. Add couscous and remove from heat; cover and let stand for 5 minutes. Transfer to a large bowl and fluff couscous.
2. Add tomato, parsley, onion, and mint. Sprinkle tuna over top.
3. In a small bowl, whisk together vinegar, chicken stock, and oil. Stir in oregano and pepper. Pour dressing over salad and stir gently to combine.

*See Chicken Stock recipe.

Storage Tip: Cover and refrigerate for up to 2 days.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 170	
Total Fat 2.5 g	4 %
Saturated 0.4 g +Trans 0 g	2 %
Cholesterol 10 mg	
Sodium 35 mg	1 %
Carbohydrate 23 g	8 %
Fibre 4 g	16 %
Sugars 2 g	
Protein 13 g	
Vitamin A	6 %
Vitamin C	20 %
Calcium	4 %
Iron	10 %

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Warm Wild Rice and Vegetable Salad

Yield: 10 servings (175 mL / ¾ cup per serving)

A colourful warm salad that is also delicious cold another day! The brown rice contributes a nutty flavour that makes for a perfect side dish for any meal.

10 Servings

125 mL (½ cup)	wild rice
500 mL (2 cups)	chicken or vegetable stock*
250 mL (1 cup)	water
250 mL (1 cup)	whole grain brown rice
3	cloves garlic, minced
15 mL (1 tbsp)	chopped fresh thyme
3	green onions, thinly sliced
1	carrot, grated
1	stalk celery, diced
1	red bell pepper, chopped
45 mL (3 tbsp)	chopped fresh coriander
45 mL (3 tbsp)	chopped fresh mint
30 mL (2 tbsp)	reduced-sodium soy sauce

1. In a saucepan or pot, bring wild rice, stock, and water to a boil. Cover and simmer for 15 minutes.
2. Add brown rice, garlic, and thyme; stir, cover, and simmer for about 25 minutes or until liquid is absorbed and rice is tender. Fluff rice with a fork and set aside.
3. In a large bowl, combine green onion, carrot, celery, and pepper. Add rice mixture and gently stir to combine.
4. Add coriander, mint, and soy sauce; stir until well combined.

*See Chicken Stock or Vegetable Stock recipe.

Tip: This recipe can be doubled.

Storage Tip: Cover and refrigerate for up to 2 days.

Nutrition Facts
Per 175 mL (3/4 cup)

Amount	% Daily Value
Calories 130	
Total Fat 1.5 g	2 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 115 mg	5 %
Carbohydrate 26 g	9 %
Fibre 2 g	9 %
Sugars 2 g	
Protein 5 g	
Vitamin A	30 %
Vitamin C	60 %
Calcium	2 %
Iron	8 %

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Side Dishes

Side dishes can add variety to meals. One of the common ingredients in side dishes is vegetables. They are available fresh, frozen, canned, and dried, and provide colour, texture, and flavour, as well as a wealth of nutrients.

Food Group: Mixed Dishes
Sub-group: Side Dishes

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 5 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 360 mg **and** Fibre: ≥ 2 g	Fat: ≤ 7 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 360 mg	Fat: > 7 g **or** Saturated fat: > 2 g **or** Sodium: > 360 mg

Creamy Veggie Curry

Yield: 6 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

With a hint of sweetness to tame the slight heat, this flavourful combo is perfect to serve with grilled chicken or fish and basmati rice. The rice or soy beverage gives this curry a rich taste without a lot of extra fat.

6 Servings		24 Servings
10 mL (2 tsp)	canola or olive oil	45 mL
1	onion, chopped	4
3	cloves garlic, minced	12
30 mL (2 tbsp)	minced fresh ginger	125 mL
30 mL (2 tbsp)	mild curry paste or powder	125 mL
750 mL (3 cups)	chopped cauliflower (about ½ small head)	3 L (about 2 small heads)
500 mL (2 cups)	chopped green beans	2 L
1	red bell pepper, chopped	4
30 mL (2 tbsp)	all-purpose flour	125 mL
375 mL (1½ cups)	rice or soy beverage	1.5 L
45 mL (3 tbsp)	chopped fresh coriander	175 mL

1. In a large, deep non-stick skillet, heat oil over medium heat; cook onion, garlic, and ginger for about 3 minutes or until softened. Stir in curry paste and cook for 1 minute. Stir in cauliflower, green beans, and red pepper, and coat with onion mixture.
2. Whisk flour into rice beverage and pour into skillet. Bring to a gentle simmer, and cook for about 15 minutes or until sauce has slightly thickened and vegetables are tender-crisp. Stir in coriander before serving.

Nutrition Facts	
Per 250 mL (1 cup)	
Amount	% Daily Value
Calories 100	
Total Fat 2.5 g	4 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 230 mg	10 %
Carbohydrate 18 g	6 %
Fibre 2 g	9 %
Sugars 6 g	
Protein 3 g	
Vitamin A	20 %
Vitamin C	100 %
Calcium	10 %
Iron	6 %

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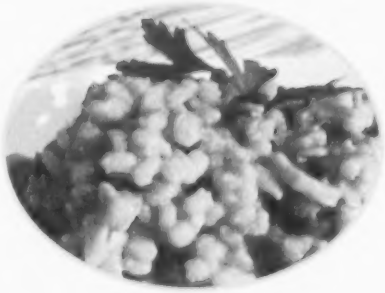
No-Stir Barley Risotto

Yield: 8 servings (150 mL / ⅔ cup per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup per serving)



Pot barley makes a creamy, rich risotto with whole grain goodness and a slightly firm texture. Risotto made with barley is easy to prepare because it doesn't need to be stirred!

8 Servings		24 Servings
10 mL (2 tsp)	canola or olive oil	30 mL
1 pkg (227 g)	mushrooms, sliced	3
1	onion, finely chopped	3
4	cloves garlic, minced	12
5 mL (1 tsp)	dried Italian seasoning	15 mL
250 mL (1 cup)	pot barley	750 mL
500 mL (2 cups)	chicken or vegetable stock*	1.5 L
500 mL (2 cups)	water	1.5 L
125 mL (½ cup)	plain sun-dried tomatoes, chopped	375 mL
60 mL (¼ cup)	light herbed cream cheese	175 mL

1. In a saucepan, heat oil over medium-high heat; cook mushrooms, onion, garlic, and Italian seasoning, stirring, for about 15 minutes or until no liquid remains. Stir in barley to coat.
2. Add stock, water, and sun-dried tomato, and bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes. Uncover and cook for about 20 minutes more, or until barley is tender but firm. Add cream cheese and stir until melted and creamy; cover and let stand for 5 minutes before serving.

*See Chicken Stock or Vegetable Stock recipe.

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 160	
Total Fat 3.5 g	**5 %**
Saturated 1 g +Trans 0.1 g	**6 %**
Cholesterol 5 mg	
Sodium 130 mg	**5 %**
Carbohydrate 29 g	**10 %**
Fibre 6 g	**24 %**
Sugars 4 g	
Protein 5 g	
Vitamin A	**2 %**
Vitamin C	**6 %**
Calcium	**4 %**
Iron	**15 %**

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Potato Coconut Curry

Yield: 12 servings (125 mL / ½ cup per serving)
Scaled Yield: 24 servings (125 mL / ½ cup per serving)

The potatoes in this curry help make it creamy. The chickpeas add protein for a hearty vegetarian meal.

12 Servings		24 Servings
30 mL (2 tbsp)	canola or olive oil	60 mL
1	minced onion	2
3	cloves garlic, minced	6
15 mL (1 tbsp)	minced fresh ginger	30 mL
15 mL (1 tbsp)	mild curry powder or paste	30 mL
3	round red potatoes, diced	6
250 mL (1 cup)	diced eggplant	500 mL
1 can (398 mL)	light coconut milk	2
1 can (540 mL)	chickpeas, drained and rinsed*	2
1	zucchini, diced	2
2 mL (½ tsp)	salt	5 mL
15 mL (1 tbsp)	each chopped fresh basil and mint	30 mL

1. In a large non-stick skillet, heat oil over medium heat, and cook onion, garlic, and ginger for 3 minutes or until softened. Add curry powder and cook, stirring, for 1 minute.
2. Add potato and eggplant, and cook, stirring occasionally, for about 8 minutes or until vegetables are beginning to brown. Add coconut milk and bring to a boil. Add chickpeas, zucchini, and salt; cover and simmer for about 15 minutes or until potato is tender. Stir in basil and mint.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Source: Ontario Potato Board

Nutrition Facts
Per 125 mL (1/2 cup)

Amount	% Daily Value
Calories 130	
Total Fat 4.5 g	**7 %**
Saturated 2 g +Trans 0.1 g	**9 %**
Cholesterol 0 mg	
Sodium 160 mg	**7 %**
Carbohydrate 20 g	**7 %**
Fibre 3 g	**11 %**
Sugars 2 g	
Protein 4 g	
Vitamin A	**0 %**
Vitamin C	**15 %**
Calcium	**2 %**
Iron	**20 %**

Red Beans and Rice

Yield: 8 servings (175 mL / ¾ cup per serving)
Scaled Yield: 24 servings (175 mL / ¾ cup per serving)

Cooking the beans in the rice helps to create a creamy texture that is almost risotto-like. A hint of sweetness from the cinnamon balances the spices. Serve this dish with fresh steamed green beans, or with fresh cut veggies for some added crunch.

8 Servings		24 Servings
10 mL (2 tsp)	canola or olive oil	30 mL
1	small onion, finely chopped	3
2	cloves garlic, minced	6
10 mL (2 tsp)	chopped fresh thyme	30 mL
1 mL (¼ tsp)	ground cinnamon	4 mL
Pinch	cayenne	1 mL
250 mL (1 cup)	brown rice	750 mL
625 mL (2½ cups)	vegetable or chicken stock*	1.875 L
1 can (540 mL)	red kidney beans, drained and rinsed**	3
45 mL (3 tbsp)	chopped fresh coriander	125 mL

1. In a saucepan, heat oil over medium heat. Cook onion, garlic, thyme, cinnamon, and cayenne for about 2 minutes or until onion has softened. Stir in rice to coat.
2. Add stock and beans, and bring to a boil. Reduce heat, cover, and simmer for 25 minutes or until liquid is absorbed and rice is tender. Stir in coriander before serving.

** See Vegetable Stock or Chicken Stock recipe.*
***See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.*

Tip: Try stirring other fresh herbs such as oregano, parsley, or basil into this dish.

Nutrition Facts	
Per 175 mL (3/4 cup)	
Amount	% Daily Value
Calories 170	
Total Fat 2.5 g	4 %
Saturated 0.3 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 110 mg	5 %
Carbohydrate 31 g	10 %
Fibre 5 g	20 %
Sugars 2 g	
Protein 6 g	
Vitamin A	6 %
Vitamin C	2 %
Calcium	4 %
Iron	10 %

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Scalloped Potatoes – Lightened Up!

Yield: 6 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

Using vegetable or chicken stock to replace the milk traditionally used in scalloped potatoes lightens this favourite side dish. A creamy sauce still coats the potato slices. Instead of thyme, use a favourite dried herb, such as basil or oregano, to give a slightly different flavour to this dish.

6 Servings		24 Servings
30 mL (2 tbsp)	canola or olive oil	125 mL
45 mL (3 tbsp)	all-purpose flour	175 mL
500 mL (2 cups)	warm vegetable or chicken stock*	2 L
2 mL (½ tsp)	dried thyme leaves	10 mL
15 mL (1 tbsp)	chopped fresh parsley	60 mL
5 mL (1 tsp)	Dijon mustard	20 mL
2 mL (½ tsp)	each salt and pepper	10 mL
1 kg (2 lb)	round red or white potatoes (about 5), scrubbed	4 kg
1	onion, thinly sliced	4

1. Heat oil in a saucepan over medium heat; add flour and cook, stirring, for 1 minute. Add stock and thyme, and cook, whisking constantly, for 3 to 5 minutes or until mixture is beginning to boil and thicken. Remove from heat and whisk in parsley, mustard, salt, and pepper until combined; set aside.
2. Peel and thinly slice potatoes. Arrange a third of the potato slices in a greased 2 L (2 quart) baking dish (for scaled yield, use an 8 L / 8 quart pan). Spread with half of the onion. Repeat layers once and layer remaining potato slices on top. Pour sauce over top of vegetables to cover evenly and around the sides of the dish so that the sauce reaches the bottom.
3. Cover with foil and bake in preheated 190°C (375°F) for 1 hour. Uncover and bake for 30 minutes or until lightly browned and potatoes are tender. Let stand for 5 minutes before serving.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 200	
Total Fat 5 g	8 %
Saturated 0.4 g +Trans 0.1 g	2 %
Cholesterol 0 mg	
Sodium 200 mg	8 %
Carbohydrate 35 g	12 %
Fibre 3 g	13 %
Sugars 3 g	
Protein 4 g	
Vitamin A	8 %
Vitamin C	30 %
Calcium	2 %
Iron	10 %

*See Vegetable Stock or Chicken Stock recipe.

Tip: Use a mandolin, vegetable slicer, or food processor fitted with a slicing blade to thinly slice potatoes.

Source: Emily Richards, PHEc

Whole Grain Rice Pilaf

Yield: 6 servings (150 mL / ⅔ cup per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup per serving)

This version of the original "San Francisco treat" combines whole wheat pasta, onions, and brown rice for delicious results with less sodium.

6 Servings		24 Servings
10 mL (2 tsp)	canola or olive oil	45 mL
75 mL (⅓ cup)	finely diced onion	300 mL
250 mL (1 cup)	brown rice	1 L
425 mL (1¾ cup)	chicken stock*	1.7 L
1 mL (¼ tsp)	salt	5 mL
1	bay leaf	4
125 mL (½ cup)	broken whole wheat spaghetti pieces (about 2.5 cm / 1 inch long)	500 mL
15 mL (1 tbsp)	chopped fresh parsley	60 mL

1. In a saucepan, heat oil over medium-high heat. Cook onion and rice for about 3 minutes or until starting to brown.
2. Add stock, salt, and bay leaf; bring to a boil. Reduce heat to low, cover, and cook for 30 minutes.
3. Stir in pasta and cook for about 10 minutes or until the liquid is absorbed and the rice is tender. Let stand for 5 minutes. Discard the bay leaf. Fluff pilaf with a fork and stir in parsley.

*See Chicken Stock recipe.

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 200	
Total Fat 3.5 g	**5 %**
Saturated 0.5 g +Trans 0 g	**3 %**
Cholesterol 0 mg	
Sodium 100 mg	**4 %**
Carbohydrate 36 g	**12 %**
Fibre 3 g	**11 %**
Sugars 2 g	
Protein 6 g	
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**2 %**
Iron	**6 %**

Vegetables

Vegetables are an important source of vitamins, minerals, and antioxidants, and are naturally low in fat, salt, and sugar, making them a healthy food choice. Vegetables can be eaten raw or they can be cooked in a variety of ways (e.g., baked, roasted, steamed).

Food Group: Vegetables and Fruit
Sub-group: Fresh, Frozen, Canned, Dried Vegetables and Fruit

Healthiest [Sell Most (≥ 80%)]	**Healthy [Sell Less (≤ 20%)]**	**Not Permitted for Sale**
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Vegetable or fruit (or water) is the first item on the ingredient list **and** Fat: ≤ 3 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 360 mg	Vegetable or fruit (or water) is the first item on the ingredient list **and** Fat: ≤ 5 g **and** Saturated fat: ≤ 2 g **and** Sodium: ≤ 480 mg	Sugar** is the first item on the ingredient list **or** Fat: > 5 g **or** Saturated fat: > 2 g **or** Sodium: > 480 mg
Examples: • Fresh or frozen vegetables with little or no added salt • Fresh or frozen fruit with no added sugar • Canned vegetables • Canned fruit packed in juice or light syrup • Unsweetened apple sauce • Some low-fat frozen potato products, including French fries • Some dried fruit and 100% fruit leathers*	**Examples:** • Some dried fruit and 100% fruit leathers • Lightly seasoned or sauced vegetables and fruit • Some prepared mixed vegetables	**Examples:** • Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables • Some packaged frozen and deep-fried potato products, including hash browns and French fries • Some fruit snacks made with juice (e.g., gummies, fruit rolls)

*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

**Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey,* and *concentrated fruit juice.*

Oven-Baked Fries

Yield: 6 servings
Scaled Yield: 24 servings

6 Servings		24 Servings
500 g (1 lb)	white- or yellow-fleshed potatoes such as round white, Yukon Gold, or russet (2 to 4 medium), scrubbed	2 kg
500 g (1 lb)	sweet potatoes (about 2 small), scrubbed	2 kg
15 mL (1 tbsp)	canola or olive oil	60 mL
1 mL (¼ tsp)	chili powder	5 mL
	Black pepper (optional)	

1. Position rack in upper third of oven. Preheat oven to 230°C (450°F). Coat a baking sheet with cooking spray.
2. Cut potatoes lengthwise into 6 to 8 wedges. Place wedges in a large bowl and toss with oil, chili powder, and pepper (if using).
3. Spread potato wedges on the baking sheet and bake for 20 minutes. Turn and bake for another 10 to 15 minutes, or until golden brown. Serve immediately.

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 150	
Total Fat 2.5 g	4 %
Saturated 0.2 g +Trans 0.1 g	1 %
Cholesterol 0 mg	
Sodium 35 mg	1 %
Carbohydrate 31 g	10 %
Fibre 4 g	15 %
Sugars 7 g	
Protein 3 g	
Vitamin A	170 %
Vitamin C	40 %
Calcium	4 %
Iron	8 %

Roasted Root Vegetables

Yield: 24 servings

3 kg (6 lb)	assorted root vegetables such as carrots, parsnips, turnip, sweet potatoes, and rutabaga, peeled and cut into bite-sized pieces
3	large onions (about 500 g / 1 lb), peeled and quartered
12	cloves garlic, peeled
75 mL (⅓ cup)	canola or olive oil
45 mL (3 tbsp)	chopped fresh rosemary
5 mL (1 tsp)	freshly ground black pepper
75 mL (⅓ cup)	chopped fresh parsley (optional)

1. In a large roasting pan lined with parchment paper, combine root vegetables, onion, and garlic. Drizzle with oil and sprinkle with rosemary and pepper; toss to coat evenly.
2. Roast in 200°C (400°F) oven, stirring twice, for about 45 minutes or until golden and tender.
3. Sprinkle with parsley (if using).

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 90	
Total Fat 3 g	5 %
Saturated 0.3 g +Trans 0.1 g	2 %
Cholesterol 0 mg	
Sodium 30 mg	1 %
Carbohydrate 14 g	5 %
Fibre 3 g	12 %
Sugars 6 g	
Protein 2 g	
Vitamin A	70 %
Vitamin C	25 %
Calcium	4 %
Iron	4 %

Steamed Asian Vegetable Medley

Yield: 6 servings (175 mL / ¾ cup per serving)
Scaled Yield: 24 servings (175 mL / ¾ cup per serving)

Choose a selection of vegetables from each of the colour groups (see below) to ensure good colour and flavour contrast.

Green:	Sugar snap peas, snow peas, finely chopped bok choy, chopped spinach
Yellow/orange:	Baby corn, julienned yellow or orange bell peppers, yellow squash slices, carrot slices
Red:	Julienned red bell peppers, cherry or grape tomatoes, radishes
White:	Bean sprouts, water chestnuts, turnip strips

6 Servings		24 Servings
1.5 L (6 cups)	mixed vegetables (see above)	6 L
5 mL (1 tsp)	sesame oil	20 mL
15 mL (1 tbsp)	reduced-sodium soy sauce	60 mL
10 mL (2 tsp)	toasted sesame seeds (optional)	45 mL

1. Bring 250 mL (1 cup) water to a boil in a pot (for scaled yield, use 1 L / 4 cups water). Place a steamer basket over boiling water and fill with vegetables. Drizzle vegetables with sesame oil and soy sauce. Cover pot and steam vegetables until tender-crisp.
2. Transfer to a serving dish and sprinkle with toasted sesame seeds (if using).

Source: *Simply Great Food*, Dietitians of Canada (2007)
Adapted and reprinted with permission from Robert Rose Inc.

Nutrition Facts
Per 175 mL (3/4 cup)

Amount	% Daily Value
Calories 50	
Total Fat 1 g	2 %
Saturated 0.2 g +Trans 0 g	1 %
Cholesterol 0 mg	
Sodium 170 mg	7 %
Carbohydrate 9 g	3 %
Fibre 2 g	10 %
Sugars 5 g	
Protein 2 g	
Vitamin A	45 %
Vitamin C	150 %
Calcium	4 %
Iron	8 %

Upside-Down Potatoes

Yield: 6 servings (½ potato per serving)
Scaled Yield: 24 servings (½ potato per serving)

This easy side dish or snack has lots of flavour in every bite.

6 Servings		24 Servings
45 mL (3 tbsp)	freshly grated Parmesan or Romano cheese	175 mL
2 mL (½ tsp)	chili powder	10 mL
3	large baking potatoes (about 750 g / 1½ lb)	12
15 mL (1 tbsp)	canola or olive oil	60 mL

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
2. In a small bowl, mix together cheese and chili powder. Set aside.
3. Using a large sharp knife, cut potatoes in half lengthwise. Lightly brush the cut sides with oil, right over the edges. Holding each potato half over a bowl, use a spoon to sprinkle the cheese mixture over the oil-brushed surfaces, sprinkling it over the edges to completely dust the entire oiled surface.
4. Place potato halves cheese-side down on baking sheet. Lightly brush the skins with oil. Bake for about 25 minutes or until potato feels soft when pierced with a fork.

Nutrition Facts
Per half potato

Amount	% Daily Value
Calories 130	
Total Fat 3 g	5 %
Saturated 0.5 g +Trans 0.1 g	4 %
Cholesterol 5 mg	
Sodium 55 mg	2 %
Carbohydrate 21 g	7 %
Fibre 2 g	7 %
Sugars 1 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	20 %
Calcium	4 %
Iron	6 %

Source: Ontario Potato Board

Sandwiches

Sandwiches can be a great way to create healthy meals for students. Start with whole grain breads, pita breads, or flatbreads and add your choice of healthy fillings.

Food Group: Mixed Dishes
Sub-group: Entrées

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 10 g **and** Saturated fat: ≤ 5 g **and** Sodium: ≤ 960 mg **and** Fibre: ≥ 2 g **and** Protein: ≥ 10 g	Fat: ≤ 15 g **and** Saturated fat: ≤ 7 g **and** Sodium: ≤ 960 mg **and** Fibre: ≥ 2 g **and** Protein: ≥ 7 g	Fat: > 15 g **or** Saturated fat: > 7 g **or** Sodium: > 960 mg **or** Fibre: < 2 g **or** Protein: < 7 g

Egg Salad Wraps

Yield: 4 servings (125 mL / ½ cup egg salad per serving)
Scaled Yield: 24 servings (125 mL / ½ cup egg salad per serving)

4 Servings		24 Servings
6	hard-cooked eggs, peeled and coarsely chopped	36
45 mL (3 tbsp)	coarsely chopped celery	275 mL
15 mL (1 tbsp)	finely chopped green onion	90 mL
30 mL (2 tbsp)	plain, lower-fat (2% M.F. or less) yogurt	175 mL
15 mL (1 tbsp)	fat-free mayonnaise or salad dressing	90 mL
5 mL (1 tsp)	Dijon mustard	30 mL
Pinch	freshly ground black pepper	2 mL
4	15 cm (6 inch) whole wheat flour tortillas	24
250 mL (1 cup)	shredded romaine lettuce	1.5 L
125 mL (½ cup)	shredded carrot	750 mL

1. In a large bowl, stir together egg, celery, green onion, yogurt, mayonnaise, mustard, and pepper until well combined.
2. Divide among tortillas and top with lettuce and carrot. Roll up and serve.

Source: Egg Farmers of Ontario. www.eggfarmersofontario.ca

EGG FARMERS Ontario.ca

Nutrition Facts
Per wrap

Amount	% Daily Value
Calories 230	
Total Fat 10 g	15 %
Saturated 3 g +Trans 0 g	15 %
Cholesterol 280 mg	
Sodium 390 mg	16 %
Carbohydrate 20 g	9 %
Fibre 2 g	9 %
Sugars 3 g	
Protein 13 g	
Vitamin A	60 %
Vitamin C	8 %
Calcium	6 %
Iron	15 %

Grilled Veggie and Mozzarella Panini

Yield: 10 servings

2	red or yellow bell peppers
2	zucchinis, sliced lengthwise
2	carrots, sliced lengthwise
2 tbsp (30 mL)	canola or olive oil
1	small eggplant (about 250 g / ½ lb)
60 mL (¼ cup)	chopped fresh mint
15 mL (1 tbsp)	each chopped fresh basil and flat-leaf parsley

Balsamic Drizzle:

75 mL (⅓ cup)	white balsamic vinegar
15 mL (1 tbsp)	canola or olive oil
15 mL (1 tbsp)	pesto (optional)
15 mL (1 tbsp)	Dijon mustard
1 mL (¼ tsp)	freshly ground black pepper

10	whole wheat panini buns, cut in half lengthwise
200 g (7 oz)	thinly sliced part-skim (16.5% M.F.) mozzarella cheese

Nutrition Facts
Per panini

Amount	% Daily Value
Calories 250	
Total Fat 10 g	**15 %**
Saturated 3 g +Trans 0 g	**15 %**
Cholesterol 10 mg	
Sodium 440 mg	**18 %**
Carbohydrate 33 g	**11 %**
Fibre 6 g	**22 %**
Sugars 6 g	
Protein 11 g	
Vitamin A	**35 %**
Vitamin C	**70 %**
Calcium	**15 %**
Iron	**20 %**

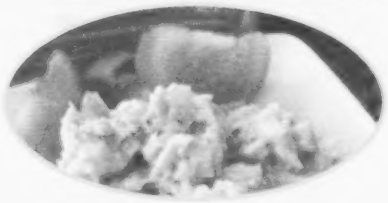
1. Quarter peppers and remove ribs and seeds; place peppers in a large bowl. Add zucchini and carrot. Toss with 15 mL (1 tbsp) of the oil to coat.
2. Cut eggplant into 1 cm (½ inch) rounds and place them in another bowl; drizzle with the remaining oil. Grill vegetables, in batches, on greased grill over medium-high heat for about 15 minutes, turning occasionally, until browned. Place grilled vegetables in a large bowl. Sprinkle with mint, basil, and parsley.
3. To make dressing, in a small bowl whisk together vinegar, oil, pesto (if using), mustard, and black pepper. Drizzle dressing over vegetables.
4. Place grilled veggies on the bottom half of the panini buns, distributing veggies evenly among them; top with mozzarella and top half of bun. Grill sandwiches in a panini press until heated through and cheese is melted.

Tip: This recipe can be doubled or tripled.

Storage Tips: Grilled vegetables can be covered and refrigerated for up to 2 days. The herbs will start to lose their colour during storage, so sprinkle them on the panini just before serving.

Source: Heart and Stroke Foundation Health Check™ Program
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2011. www.healthcheck.org
Adapted with permission of the Heart and Stroke Foundation of Canada.

Tuna Salad in Pita Pockets



Yield: 4 servings (150 mL / ⅔ cup tuna salad and half pita per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup tuna salad and half pita per serving)

4 Servings		24 Servings
2 cans (170 g each)	low-sodium solid white tuna in water, drained	12
125 mL (½ cup)	diced celery	750 mL
125 mL (½ cup)	diced red bell pepper	750 mL
30 mL (2 tbsp)	relish	175 mL
60 mL (¼ cup)	non-fat or light mayonnaise	375 mL
30 mL (2 tbsp)	plain, fat-free (0% M.F.) Greek-style yogurt	175 mL
15 mL (1 tbsp)	lemon juice	90 mL
1 mL (¼ tsp)	freshly ground black pepper	7 mL
2	small whole wheat pitas, cut in half	12
4	small leaves Boston or radicchio lettuce	24
1	tomato, thinly sliced	6
¼	cucumber, thinly sliced	1½

1. In a bowl, break up the tuna and add celery, red pepper, and relish.
2. In a small bowl, whisk together mayonnaise, yogurt, lemon juice, and black pepper. Scrape mixture over tuna mixture and stir to combine well.
3. Divide tuna mixture among pita halves; add lettuce leaves and tomato and cucumber slices.

Source: Heart and Stroke Foundation Health Check™ Program
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2011.
www.healthcheck.org
Adapted with permission of the Heart and Stroke Foundation of Canada.

Nutrition Facts
Per half pita

Amount	% Daily Value
Calories 240	
Total Fat 6 g	**9 %**
Saturated 1.5 g +Trans 0 g	**6 %**
Cholesterol 20 mg	
Sodium 410 mg	**17 %**
Carbohydrate 27 g	**9 %**
Fibre 4 g	**16 %**
Sugars 6 g	
Protein 21 g	
Vitamin A	**15 %**
Vitamin C	**70 %**
Calcium	**2 %**
Iron	**15 %**

Turkey Meatball Subs

Yield: 8 servings (½ sub per serving)

500 g (1 lb)	extra-lean ground turkey
1	small onion, finely diced
2	cloves garlic, minced
1	egg
15 mL (1 tbsp)	reduced-sodium soy sauce
5 mL (1 tsp)	freshly ground black pepper
125 mL (½ cup)	dry breadcrumbs

Tomato Sauce:

15 mL (1 tbsp)	canola or olive oil
1	onion, finely diced
2	cloves garlic, minced
15 mL (1 tbsp)	dried oregano leaves
10 mL (2 tsp)	dried basil leaves
5 mL (1 tsp)	freshly ground black pepper
2 mL (½ tsp)	hot pepper flakes
1 can (796 mL)	plum tomatoes
5 mL (1 tsp)	packed brown sugar
4	large (30 cm / 12 inch) whole wheat sub buns, cut in half and then sliced lengthwise

Toppings:

Shredded romaine lettuce
Sliced tomato or green peppers
Thinly sliced onion or cucumber

Nutrition Facts
Per half sub

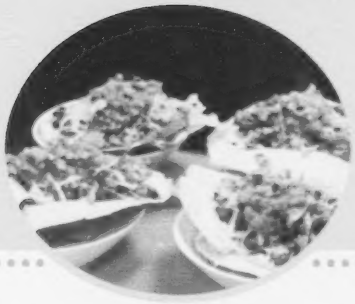
Amount	% Daily Value
Calories 350	
Total Fat 10 g	15 %
Saturated 2 g +Trans 0.1 g	12 %
Cholesterol 75 mg	
Sodium 630 mg	26 %
Carbohydrate 48 g	16 %
Fibre 7 g	27 %
Sugars 10 g	
Protein 21 g	
Vitamin A	4 %
Vitamin C	25 %
Calcium	15 %
Iron	30 %

1. In a large bowl, combine turkey, onion, garlic, egg, soy sauce, and pepper. Using hands or a meatballer, bring mixture together and form 32 meatballs.
2. Pour breadcrumbs into a shallow dish and roll meatballs in breadcrumbs to coat. Place meatballs on a parchment-paper-lined baking sheet. Bake in preheated 190°C (375°F) oven for about 20 minutes or until golden and no longer pink inside.
3. To make the sauce, in a saucepan heat oil over medium heat and cook onion, garlic, oregano, basil, black pepper, and hot pepper flakes for 2 minutes or until onion has softened. Add tomatoes and sugar. Using a potato masher, crush tomatoes. Bring sauce to a boil and add meatballs. Cover, reduce heat, and simmer for about 15 minutes or until sauce has thickened.
4. Spoon 4 meatballs and sauce onto the bottom half of each bun; top with desired veggie toppings and top of bun.

Tip: This recipe can be doubled or tripled.

Storage Tip: Store cooked meatballs in the refrigerator for up to 2 days or in the freezer for up to 1 month.

Source: Turkey Farmers of Canada



Entrées

Entrées are the focal point of a meal and can be a wonderful way to incorporate great-tasting food.

Food Group: Mixed Dishes
Sub-group: Entrées

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 10 g **and** Saturated fat: ≤ 5 g **and** Sodium: ≤ 960 mg **and** Fibre: ≥ 2 g **and** Protein: ≥ 10 g	Fat: ≤ 15 g **and** Saturated fat: ≤ 7 g **and** Sodium: ≤ 960 mg **and** Fibre: ≥ 2 g **and** Protein: ≥ 7 g	Fat: > 15 g **or** Saturated fat: > 7 g **or** Sodium: > 960 mg **or** Fibre: < 2 g **or** Protein: < 7 g

Asian Wraps

Yield: 6 servings (2 wraps per serving)
Scaled Yield: 24 servings (2 wraps per serving)

6 Servings		24 Servings
375 g (¾ lb)	lean ground pork	1.5 kg
15 mL (1 tbsp)	grated fresh ginger	60 mL
75 mL (⅓ cup)	chopped green onion	300 mL
75 mL (⅓ cup)	hoisin sauce	300 mL
250 mL (1 cup)	very thin rice noodles (about 150 g / 5 oz)	1 L
5 mL (1 tsp)	sesame oil	20 mL
12	23 cm (9 inch) rice paper wrappers	48
24	large fresh basil leaves	96
1	carrot, cut into very thin matchsticks	4

1. In a non-stick skillet, cook pork and ginger over medium-high heat until meat is no longer pink. Remove skillet from stove, scrape mixture into colander, and drain. Return mixture to skillet, and stir in green onion and hoisin sauce.
2. In a saucepan of boiling water, cook noodles for 2 minutes; drain and rinse with cold water. Drain well and toss with the sesame oil.
3. In a shallow dish of hot water, soak a rice paper wrapper for about 20 to 30 seconds until just softened. Lay the wrapper flat on the counter. Place 2 basil leaves in a row, about a third of the way in from the bottom edge of the wrapper. Top with some of the pork mixture and some of the noodles. Cover with a few carrot matchsticks. Fold bottom edge of wrapper over filling. Fold in the sides of the wrapper, and roll as tightly as possible from bottom to top. Repeat process with remaining ingredients, placing finished wraps in a single layer in a storage container. Cover wraps tightly and refrigerate until ready to serve.
4. Remove wraps from refrigerator, slice them in half diagonally, and serve.

Nutrition Facts
Per 2 wraps

Amount	% Daily Value
Calories 280	
Total Fat 8 g	**12 %**
Saturated 2.5 g +Trans 0 g	**13 %**
Cholesterol 40 mg	
Sodium 350 mg	**15 %**
Carbohydrate 38 g	**13 %**
Fibre 2 g	**6 %**
Sugars 4 g	
Protein 13 g	
Vitamin A	**30 %**
Vitamin C	**4 %**
Calcium	**2 %**
Iron	**8 %**

Source: Ontario Pork

ONTARIO PORK

Baked Eggplant Parmesan

Yield: 8 servings
Scaled Yield: 24 servings

8 Servings		24 Servings
1	large eggplant (about 1 kg / 2 lb) or 2 small (500 g / 1 lb each) eggplants	3 large or 6 small
10 mL (2 tsp)	dried oregano leaves	30 mL
3	egg whites	9
45 mL (3 tbsp)	water	125 mL
250 mL (1 cup)	fine dry breadcrumbs	750 mL
125 mL (½ cup)	freshly grated Parmesan cheese	375 mL
2 mL (½ tsp)	freshly ground pepper	7 mL
750 mL (3 cups)	tomato-basil sauce*	2.25 L
175 mL (¾ cup)	grated part-skim (16.5% M.F.) mozzarella cheese	500 mL
	Fresh or dried parsley, for garnish	

1. Slice eggplant crosswise into 1.5 cm (½ inch) thick slices. Place on a large, parchment-paper-lined baking sheet, and sprinkle with oregano. Roast in preheated 230°C (450°F) oven for 20 minutes or until softened. Let cool slightly.
2. In a shallow dish, whisk egg whites and water until frothy. Combine breadcrumbs, half of the Parmesan, and the pepper in another shallow dish. Dip the eggplant slices into the egg-white mixture, and then coat slices with the bread-crumb mixture. (Discard any leftover breadcrumbs and egg white.) Arrange the eggplant slices in a single layer on the baking sheets. Return the coated eggplant to the oven and roast for 15 minutes, turning once, or until golden and crisp.
3. Spread about a third of the sauce in the bottom of a baking pan. Arrange half of the eggplant slices over the sauce. Spoon half of the remaining sauce over the eggplant and sprinkle with half of the mozzarella cheese. Add a layer of the remaining eggplant slices and top with the remaining sauce, mozzarella, and Parmesan. Cover, and bake in preheated 180°C (350°F) oven for 15 minutes. Uncover and bake for 10 minutes or until golden and bubbly. Garnish with parsley.

Nutrition Facts	
Per serving	
Amount	% Daily Value
Calories 230	
Total Fat 10 g	15 %
Saturated 3 g +Trans 0.1 g	16 %
Cholesterol 15 mg	
Sodium 500 mg	21 %
Carbohydrate 25 g	8 %
Fibre 4 g	15 %
Sugars 8 g	
Protein 11 g	
Vitamin A	6 %
Vitamin C	40 %
Calcium	20 %
Iron	20 %

See Tomato-Basil Sauce recipe

Tips:

- Larger, older eggplants have brown seeds that contain a bitter liquid. Salting eggplant removes some of this liquid and improves the flavour. Roasting instead of salting eggplant also helps remove the bitterness and gives eggplant a tender texture.
- The breaded eggplant slices can also be broiled (in batches if necessary). Lay eggplant slices in a single layer on baking sheets and broil, at least 15 cm (6 inches) from the element or flame, for about 5 minutes, turning once, or until golden.

Best Ever Turkey Chili

Yield: 12 servings (300 mL / 1¼ cups per serving)

45 mL (3 tbsp)	canola or olive oil
1	large onion, diced
6	stalks celery, diced
1	jalapeño pepper, seeded and diced (optional)
15 mL (1 tbsp)	minced garlic
75 mL (⅓ cup)	chili powder
10 mL (2 tsp)	each ground cumin, dried oregano, and dried basil leaves
2 mL (½ tsp)	cayenne pepper
1	bay leaf
750 g (1½ lb)	lean ground turkey
1 L (4 cups)	diced canned tomatoes with juice
500 mL (2 cups)	roasted red peppers, chopped
500 mL (2 cups)	canned black beans, drained and rinsed*
500 mL (2 cups)	canned red kidney beans, drained and rinsed*
125 mL (½ cup)	tomato paste
500 mL (2 cups)	frozen corn kernels
1 mL (¼ tsp)	freshly ground black pepper

1. In a large pot, heat oil over medium heat; add onion and celery, and sauté until softened. Add jalapeño (if using), garlic, chili powder, cumin, oregano, basil, cayenne, and bay leaf; sauté for 5 minutes or until mixture is fragrant.
2. Add turkey and sauté until meat is slightly browned and no longer pink.
3. Add tomato, roasted pepper, beans, and tomato paste, and stir to combine. Reduce heat and simmer mixture for 30 minutes.
4. Add corn and black pepper, and simmer for 15 minutes or until mixture has thickened.

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.

Nutrition Facts
Per 300 mL (1 1/4 cups)

Amount	% Daily Value
Calories 270	
Total Fat 10 g	15 %
Saturated 2 g +Trans 0.2 g	10 %
Cholesterol 40 mg	
Sodium 510 mg	21 %
Carbohydrate 30 g	10 %
Fibre 8 g	33 %
Sugars 7 g	
Protein 19 g	
Vitamin A	30 %
Vitamin C	150 %
Calcium	8 %
Iron	30 %

Tip: This recipe can be doubled or tripled.

Source: Turkey Farmers of Ontario

Chicken, Cheese, and Black Bean Quesadillas

Yield: 6 servings (1 quesadilla per serving)
Scaled Yield: 24 servings (1 quesadilla per serving)

6 Servings		24 Servings
6	23 cm (9 inch) whole wheat flour tortillas	24
375 mL (1½ cups)	diced cooked chicken	1.5 L
6	green onions, sliced	24
175 mL (¾ cup)	canned black beans, drained and rinsed*	750 mL
175 mL (¾ cup)	salsa**	750 mL
250 mL (1 cup)	grated reduced-fat (18% M.F.) cheddar cheese	1 L

1. Lay tortillas on work surface and sprinkle half of each tortilla with chicken, onion, beans, salsa, and cheese. Fold tortillas in half and place on large, parchment-paper-lined baking sheets.
2. Bake tortillas in preheated 190°C (375°F) for 15 to 20 minutes, turning halfway through cooking, until lightly browned on both sides.

See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.
***See Fresh Vegetable Salsa recipe.*

Nutrition Facts
Per quesadilla

Amount	% Daily Value
Calories 320	
Total Fat 9 g	**14 %**
Saturated 3.5 g +Trans 0 g	**18 %**
Cholesterol 45 mg	
Sodium 600 mg	**25 %**
Carbohydrate 33 g	**11 %**
Fibre 5 g	**19 %**
Sugars 3 g	
Protein 23 g	
Vitamin A	**4 %**
Vitamin C	**15 %**
Calcium	**20 %**
Iron	**20 %**

Chicken Souvlaki Pitas

Yield: 4 servings (1 pita per serving)
Scaled Yield: 24 servings (1 pita per serving)

This quick and easy recipe provides all the enjoyment of souvlaki without all the work of assembling skewers.

4 Servings		24 Servings
15 mL (1 tbsp)	canola or olive oil	90 mL
2	cloves garlic, minced	12
1	onion, halved and thinly sliced	6
5 mL (1 tsp)	dried oregano leaves	30 mL
1 mL (¼ tsp)	freshly ground black pepper	7 mL
500 g (1 lb)	boneless, skinless chicken, cut into 2.5 cm (1 inch) pieces	3 kg
30 mL (2 tbsp)	all-purpose flour	175 mL
375 mL (1½ cups)	1% milk	2.25 L
5 mL (1 tsp)	grated lemon zest	30 mL
250 mL (1 cup)	diced English cucumber	1.5 L
125 mL (½ cup)	plain, low-fat (1% M.F.) yogurt	750 mL
4	15 cm (6 inch) whole wheat pitas	24
2	tomatoes, chopped	12

1. In a large skillet, heat oil over medium-high heat. Add garlic, onion, oregano, and pepper, and sauté for about 3 minutes or until vegetables are soft and starting to brown. Add chicken and sauté for about 5 minutes or until lightly browned.
2. Whisk flour into milk, and whisk milk mixture into mixture in the skillet; stir in lemon zest. Cook, stirring often, for about 5 minutes or until sauce has thickened and chicken is no longer pink inside.
3. In a bowl, combine cucumber and yogurt. Spoon chicken and sauce on top of pitas, open-face style, add a dollop of the yogurt mixture, and sprinkle with chopped tomato.

Nutrition Facts
Per pita

Amount	% Daily Value
Calories 410	
Total Fat 8 g	12 %
Saturated 2 g +Trans 0.1 g	10 %
Cholesterol 65 mg	
Sodium 460 mg	19 %
Carbohydrate 52 g	17 %
Fibre 6 g	26 %
Sugars 10 g	
Protein 35 g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	20 %
Iron	20 %

Source: Dairy Farmers of Canada. www.dairygoodness.ca

Citrus and Herb Infused White Fish

Yield: 4 servings (1 fillet per serving)
Scaled Yield: 24 servings (1 fillet per serving)

A fresh sprinkling of herbs accents the delicate flavour of this fish dish. Serving the fish on the orange slices adds colour and a sweet citrus flavour.

4 Servings		24 Servings
45 mL (3 tbsp)	chopped fresh flat-leaf parsley	275 mL
30 mL (2 tbsp)	chopped fresh mint or tarragon	175 mL
2	cloves garlic, minced	12
10 mL (2 tsp)	grated lemon zest	60 mL
5 mL (1 tsp)	grated orange zest	30 mL
2 mL (½ tsp)	freshly ground black pepper	15 mL
3	blood or navel oranges	18
4	tilapia or haddock fillets (100 to 125 g / about ¼ lb each)	24
15 mL (1 tbsp)	lemon juice	90 mL
10 mL (2 tsp)	canola or olive oil	60 mL

1. In a small bowl, combine parsley, mint, garlic, lemon and orange zest, and half of the pepper; set aside.
2. Cut both ends and skin and white pith off the oranges and discard. Slice oranges into 5 mm (½ inch) thick slices; place them in a 3 L (13 by 9 inch) baking dish (for scaled yield, use an 18 L / 18 quart roasting pan). Place fish fillets on top of orange slices in a single layer. Sprinkle with the remaining pepper and parsley mixture, and drizzle with lemon juice and oil.
3. Bake in preheated 220°C (425°F) oven for about 20 minutes or until fish flakes when tested with a fork.

Nutrition Facts
Per fillet

Amount	% Daily Value
Calories 190	
Total Fat 5 g	**8 %**
Saturated 1 g +Trans 0.1 g	**6 %**
Cholesterol 55 mg	
Sodium 55 mg	**2 %**
Carbohydrate 13 g	**4 %**
Fibre 2 g	**9 %**
Sugars 9 g	
Protein 26 g	
Vitamin A	**4 %**
Vitamin C	**100 %**
Calcium	**6 %**
Iron	**10 %**

Source: Heart and Stroke Foundation Health Check™ Program
Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2012.
www.healthcheck.org
Adapted with permission of the Heart and Stroke Foundation of Canada.

Fish Tacos

Yield: 4 servings (1 taco per serving)
Scaled Yield: 24 servings (1 taco per serving)

4 Servings		24 Servings
1	green onion, minced	6
1	large clove garlic, minced	6
10 mL (2 tsp)	dried thyme leaves	60 mL
10 mL (2 tsp)	chili powder	60 mL
60 mL (¼ cup)	orange juice	375 mL
5 mL (1 tsp)	liquid honey	30 mL
500 g (1 lb)	tilapia or catfish fillets, cut into thick strips	3 kg
Pinch	freshly ground black pepper	2 mL
175 mL (¾ cup)	dry seasoned breadcrumbs	1 L
4	15 cm (6 inch) whole wheat flour tortillas	24
125 mL (½ cup)	shredded romaine lettuce	750 mL
75 mL (⅓ cup)	diced tomato	500 mL
30 mL (2 tbsp)	chopped red onion	175 mL
Grapefruit Avocado Drizzle (optional):		
½	avocado, chopped	3
45 mL (3 tbsp)	grapefruit or orange juice	275 mL
2 mL (½ tsp)	granulated sugar	15 mL
Pinch	salt	2 mL

1. In a shallow dish, combine onion, garlic, thyme, and chili powder; stir in orange juice and honey. Add fish strips and turn to coat. Sprinkle with pepper. In a separate dish, roll fish strips in breadcrumbs. Place fish on a parchment-paper-lined baking sheet and bake in preheated 220°C (425°F) oven for about 15 minutes, turning once, until fish is golden brown and flakes when tested.
2. To make the drizzle, in a bowl mash the avocado until smooth. Add juice, sugar, and salt, and stir until combined; set aside.
3. Divide fish strips among the tortillas, placing fish on half of each. Sprinkle with lettuce, tomato, and onion. Spoon drizzle (if using) on top and fold tortilla over to serve.

Nutrition Facts
Per taco

Amount	% Daily Value
Calories 330	
Total Fat 6 g	9 %
Saturated 1.5 g +Trans 0 g	8 %
Cholesterol 55 mg	
Sodium 680 mg	28 %
Carbohydrate 37 g	12 %
Fibre 4 g	15 %
Sugars 6 g	
Protein 31 g	
Vitamin A	8 %
Vitamin C	20 %
Calcium	8 %
Iron	30 %

Source: Recipe developed by Emily Richards, PHEc, for Florida Citrus www.floridacitrus.ca

Homemade Macaroni and Cheese

Yield: 6 servings (250 mL / 1 cup per serving)
Scaled Yield: 24 servings (250 mL / 1 cup per serving)

The addition of sweet potato adds a very orange colour and sweet flavour to a homemade favourite.

6 Servings		24 Servings
1	small sweet potato (about 250 g / ½ lb), peeled and chopped	4
375 mL (1½ cups)	whole wheat elbow macaroni	1.5 L
30 mL (2 tbsp)	soft, non-hydrogenated margarine	125 mL
45 mL (3 tbsp)	all-purpose flour	175 mL
425 mL (1¾ cups)	1% milk	1.7 L
175 mL (¾ cup)	grated light (18% M.F.) old cheddar cheese	750 mL
5 mL (1 tsp)	Dijon mustard	20 mL
125 mL (½ cup)	frozen peas, corn kernels, or diced carrots	500 mL
Breadcrumb Topping:		
60 mL (¼ cup)	seasoned breadcrumbs	250 mL
10 mL (2 tsp)	soft, non-hydrogenated margarine, melted	45 mL

1. Place sweet potato in a microwaveable bowl with 60 mL (¼ cup) water. Cover and microwave on HIGH for 4 to 6 minutes or until sweet potato is very soft. Drain, and mash with a potato masher until smooth; set aside.
2. Meanwhile, in a pot of boiling water, cook macaroni for about 8 minutes or until tender but firm. Drain well and return to pot.
3. In a saucepan, melt margarine over medium heat and stir in flour. Cook, stirring, for 1 minute or until mixture has thickened. Slowly whisk in milk and cook, whisking occasionally, for about 8 minutes or until mixture is starting to bubble around the edge. Add cheese and mustard, and whisk until smooth. Stir in sweet potato and peas. Pour into macaroni mixture and stir until well combined.

Nutrition Facts
Per 250 mL (1 cup)

Amount	% Daily Value
Calories 280	
Total Fat 9 g	**14 %**
Saturated 3 g +Trans 0.1 g	**15 %**
Cholesterol 10 mg	
Sodium 310 mg	**13 %**
Carbohydrate 40 g	**13 %**
Fibre 4 g	**16 %**
Sugars 8 g	
Protein 13 g	
Vitamin A	**80 %**
Vitamin C	**10 %**
Calcium	**25 %**
Iron	**15 %**

4. To make the topping, combine breadcrumbs and margarine in a bowl.
5. Scrape macaroni mixture into a 2 L (2 quart) casserole dish (for scaled yield, use an 8 L / 8 quart pan) and sprinkle with breadcrumb topping. Bake in preheated 190°C (375°F) oven for about 15 minutes or until golden and bubbly. (See tip below for baking time for scaled yield.)

Tips:

- To cook sweet potato on the stovetop, bring to a boil in a saucepan of water and cook for about 15 minutes or until tender. Drain well and return to pot; mash sweet potato well.
- The scaled yield will take at least 30 minutes to heat through and become golden and bubbly.

Source: Heart and Stroke Foundation

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Italian Seafood Stew

Yield: 8 servings (375 mL / 1½ cups per serving)
Scaled Yield: 24 servings (375 mL / 1½ cups per serving)

8 Servings		24 Servings
½	head fennel	1½
30 mL (2 tbsp)	canola or olive oil	90 mL
2	cloves garlic, crushed	6
1	large onion, diced	3
1	red bell pepper, diced	3
1 L	tomato sauce*	3 L
45 mL (3 tbsp)	lemon juice	125 mL
750 g (1½ lb)	large raw shrimp, peeled and deveined	2.25 kg
500 g (1 lb)	halibut fillets, skin removed and cut into chunks	1.5 kg
250 g (½ lb)	mussels, in shell	750 g
15 mL (1 tbsp)	hot pepper sauce (optional)	45 mL
30 mL (2 tbsp)	chopped fresh parsley	90 mL

1. Remove stalks, base, and hard core of fennel, reserving the feathery leaves. Chop fennel into 2.5 cm (1 inch) chunks.
2. In a large pot, heat oil over medium heat. Sauté fennel chunks, garlic, onion, and red pepper for about 5 minutes or until onion is lightly browned. Add tomato sauce and bring to a boil. Reduce heat, cover, and simmer for 5 minutes. Stir in lemon juice. Add shrimp, halibut, and mussels; cover and simmer for 5 to 10 minutes or until shrimp are pink and opaque, mussels have opened, and halibut is opaque. Discard any mussels that do not open. Add hot pepper sauce (if using).
3. To serve, ladle into bowls and sprinkle with parsley and reserved fennel fronds.

Nutrition Facts
Per 375 mL (1 1/2 cups)

Amount	% Daily Value
Calories 220	
Total Fat 7 g	**11 %**
Saturated 1 g +Trans 0.1 g	**5 %**
Cholesterol 170 mg	
Sodium 380 mg	**16 %**
Carbohydrate 10 g	**3 %**
Fibre 2 g	**9 %**
Sugars 5 g	
Protein 30 g	
Vitamin A	**15 %**
Vitamin C	**80 %**
Calcium	**10 %**
Iron	**35 %**

*See Tomato Sauce recipe.

Tip: The fennel can be replaced with 3 stalks thinly sliced celery (for scaled yield, use 9 stalks). Use celery leaves for garnish.

Source: *Simply Great Food*, Dietitians of Canada (2007)
Adapted and reprinted with permission from Robert Rose Inc.

Jalapeño Turkey Burgers

Yield: 6 servings (1 burger per serving)
Scaled Yield: 24 servings (1 burger per serving)

6 Servings		24 Servings
500 g (1 lb)	lean ground turkey	2 kg
1	onion, chopped	4
2	jalapeño peppers, seeded and finely chopped	8
1	clove garlic, minced	4
1	egg, slightly beaten	4
125 mL (½ cup)	breadcrumbs	500 mL
125 mL (½ cup)	salsa*	500 mL
175 mL (¾ cup)	grated part-skim (16.5% M.F.) mozzarella cheese (optional)	750 mL
6	whole wheat hamburger buns	24

1. In a large bowl, combine turkey, onion, jalapeño peppers, garlic, egg, and breadcrumbs. Divide into 6 equal portions and form into burger patties.
2. Cook on a greased grill on medium-high heat for 5 to 7 minutes on each side, until meat is no longer pink in the centre.
3. Divide salsa and cheese (if using) evenly among burgers. Heat until cheese melts, and tuck burgers into buns to serve.

See Fresh Vegetable Salsa recipe

Tip: Burgers can also be cooked on the stove. Place them in a large non-stick skillet, in batches if necessary, and cook over medium heat, turning burgers once, for about 15 minutes or until meat is no longer pink inside.

Source: Turkey Farmers of Ontario

Nutrition Facts
Per burger

Amount	% Daily Value
Calories 320	
Total Fat 9 g	**14 %**
Saturated 2.5 g +Trans 0.1 g	**13 %**
Cholesterol 105 mg	
Sodium 450 mg	**19 %**
Carbohydrate 38 g	**13 %**
Fibre 5 g	**20 %**
Sugars 5 g	
Protein 24 g	
Vitamin A	**2 %**
Vitamin C	**10 %**
Calcium	**10 %**
Iron	**25 %**

Lettuce Chicken Tacos

Yield: 6 servings (1 taco per serving)
Scaled Yield: 24 servings (1 taco per serving)

Another way to serve this dish is as a hearty salad – just toss the lettuce and meat filling together.

6 Servings		24 Servings
400 g (12 oz)	lean ground chicken or turkey	1.6 kg
10 mL (2 tsp)	canola or olive oil	45 mL
1	small onion, finely chopped	4
2	cloves garlic, minced	8
15 mL (1 tbsp)	chili powder	60 mL
10 mL (2 tsp)	dried oregano leaves	45 mL
5 mL (1 tsp)	ground cumin	20 mL
1 can (540 mL)	black beans, drained and rinsed*	4
250 mL (1 cup)	corn kernels	1 L
175 mL (¾ cup)	chicken stock**	750 mL
5 mL (1 tsp)	cornstarch	20 mL
15 mL (1 tbsp)	chopped fresh parsley	60 mL
1	large head Boston lettuce	4

1. In a large non-stick skillet, brown chicken over medium-high heat until meat is no longer pink inside. Drain in a colander.
2. Return skillet to medium heat and add oil. Add onion, garlic, chili powder, oregano, and cumin, and cook for about 3 minutes or until onion has softened. Return chicken to skillet and add beans and corn. Cook, stirring, for about 2 minutes.
3. Whisk together chicken stock and cornstarch; add to skillet and cook, stirring, for 3 minutes or until liquid has thickened slightly. Stir in parsley.
4. Place lettuce leaves on individual plates, spoon on the chicken mixture, and wrap the leaves around it.

Nutrition Facts
Per taco

Amount	% Daily Value
Calories 220	
Total Fat 8 g	12 %
Saturated 2 g +Trans 0.1 g	10 %
Cholesterol 55 mg	
Sodium 240 mg	10 %
Carbohydrate 22 g	7 %
Fibre 6 g	23 %
Sugars 2 g	
Protein 18 g	
Vitamin A	6 %
Vitamin C	10 %
Calcium	4 %
Iron	20 %

*See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans.
**See Chicken Stock recipe.

Source: Heart and Stroke Foundation
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Roasted Red Pepper and Chicken Lasagna

Yield: 15 servings (260 g / 9 oz per serving)

15 mL (1 tbsp)	canola or olive oil
250 mL (1 cup)	chopped onion
3	cloves garlic, minced
1 mL (¼ tsp)	red pepper flakes
500 g (1 lb)	lean ground chicken
1 can (398 mL)	diced tomatoes
425 mL (1¾ cups)	tomato sauce*
45 mL (3 tbsp)	tomato paste
1 pkg (300 g)	frozen chopped spinach, defrosted and drained
250 g (½ lb)	mushrooms, sliced
250 mL (1 cup)	water
15 mL (1 tbsp)	balsamic vinegar
125 mL (½ cup)	chopped fresh parsley
2 mL (½ tsp)	freshly ground black pepper
3	eggs
500 g	low-fat (1% M.F.) cottage cheese
30 mL (2 tbsp)	chopped fresh rosemary
30 mL (2 tbsp)	chopped fresh thyme
1 mL (¼ tsp)	ground nutmeg
375 g (12 oz)	dry whole wheat lasagna noodles
125 mL (½ cup)	freshly grated Romano cheese
250 g (½ lb)	roasted red peppers
60 mL (¼ cup)	fresh basil leaves
425 mL (1¾ cups)	grated part-skim (16.5% M.F.) mozzarella cheese
5 mL (1 tsp)	dried basil

1. Heat oil in a non-stick skillet over medium heat. Sauté onion, garlic, and red pepper flakes for 2 minutes. Add chicken and cook for about 5 minutes, using the back of a wooden spoon to break meat up into smaller pieces as it cooks. Sauté for another 5 minutes.
2. Purée the tomatoes in a food processor. Add puréed tomatoes to the skillet, along with the tomato sauce and paste, spinach, mushrooms, water, and balsamic vinegar. Stir in parsley and black pepper, cover, and bring to a boil. Reduce heat to low and simmer for 30 minutes.

3. Place the eggs, cottage cheese, rosemary, thyme, and nutmeg in a food processor, and process until smooth.
4. Oil a 4 L (16 by 12 inch) baking pan. Spoon 375 mL (1½ cups) of the meat mixture onto the bottom of the pan. Top with 5 to 6 noodles, breaking them to fit the pan and overlapping them as necessary. Top noodles with 375 mL (1½ cups) of the cottage cheese mixture and 30 mL (2 tbsp) of the Romano cheese, and then with a layer of half the red peppers and basil leaves. Repeat layers with remaining meat sauce, noodles, and cottage cheese mixture, ending with remaining roasted red peppers and basil leaves. Top with grated mozzarella cheese and remaining Romano cheese. Sprinkle with dried basil. Bake in preheated 180°C (350°F) oven for 60 minutes or until the noodles are tender and the top is slightly browned.
5. Cool for 10 minutes and cut into 15 pieces.

*See Tomato Sauce recipe.

Source: Chicken Farmers of Canada. www.chicken.ca

Nutrition Facts
Per 260 g (9 oz)

Amount	% Daily Value
Calories 260	
Total Fat 9 g	**14** %
Saturated 3.5 g +Trans 0.1 g	**18** %
Cholesterol 75 mg	
Sodium 420 mg	**18** %
Carbohydrate 26 g	**9** %
Fibre 4 g	**17** %
Sugars 5 g	
Protein 21 g	
Vitamin A	**30** %
Vitamin C	**80** %
Calcium	**20** %
Iron	**20** %

Stoplight Beef Stir-Fry

Yield: 4 servings
Scaled Yield: 24 servings

The trio of sweet peppers in red, yellow, and green was the inspiration for the name of this quick-cooking stir-fry.

4 Servings		24 Servings
Marinade:		
30 mL (2 tbsp)	reduced-sodium soy sauce	175 mL
2	cloves garlic, minced	12
500 g (1 lb)	top sirloin grilling steak, trimmed, about 2 cm (¾ inch) thick	3 kg
Sauce:		
125 mL (½ cup)	beef or chicken stock*	750 mL
30 mL (2 tbsp)	each lemon juice, hoisin sauce, and packed brown sugar	175 mL
15 mL (1 tbsp)	cornstarch	90 mL
Stir-Fry:		
15 mL (1 tbsp)	canola or olive oil	90 mL
1	each red, green, and yellow bell pepper, seeded and thinly sliced	6
500 mL (2 cups)	broccoli florets	3 L
15 mL (1 tbsp)	minced fresh ginger	90 mL
3	cloves garlic, sliced	18
60 mL (¼ cup)	toasted slivered almonds (optional)	375 mL

1. For the marinade, combine soy sauce and minced garlic in a bowl. Cut steak in half lengthwise and then crosswise into thin strips; toss with marinade to combine. Let stand for 5 to 10 minutes.
2. Meanwhile, to make the sauce, in a small bowl whisk together stock, lemon juice, hoisin, brown sugar, and cornstarch; set aside. Remove beef from marinade and pat meat strips dry with paper towel; reserve marinade.
3. In a large non-stick skillet, heat half the oil over medium-high heat until sizzling. Scatter half the beef strips into pan; cook for 1 to 2 minutes or until browned but still pink inside. Return beef to the bowl containing the reserved marinade; set aside. Repeat process with remaining beef.

4. Heat remaining oil in pan over medium-high heat. Add peppers and broccoli, and stir-fry for 2 minutes. Add a splash of water, cover, and cook for about 2 minutes or until tender-crisp. Push veggies to side of pan; add ginger and garlic, and cook until just fragrant, about 15 to 20 seconds. Add sauce, meat, and reserved marinade; toss together and cook until sauce is bubbling and has thickened slightly. Serve topped with slivered almonds (if using).

**See Beef Stock or Chicken Stock recipe*

Source: Canada Beef
Courtesy of Canada Beef Inc.
For more recipes and to join the Make it Beef Club, visit www.beefinfo.org.

CANADIAN BEEF

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 280	
Total Fat 9 g	**14 %**
Saturated 2 g +Trans 0.2 g	**12 %**
Cholesterol 55 mg	
Sodium 480 mg	**20 %**
Carbohydrate 24 g	**8 %**
Fibre 3 g	**10 %**
Sugars 13 g	
Protein 28 g	
Vitamin A	**20 %**
Vitamin C	**250 %**
Calcium	**4 %**
Iron	**25 %**

Sweet Chili Tofu Stir-Fry

Yield: 4 servings (300 mL / 1¼ cups per serving)
Scaled Yield: 24 servings (300 mL / 1¼ cups per serving)

Stir-frying is a fast and easy way to prepare a meal without a lot of added fat. Vegetables and lean protein form the basis for this dish, with a little added sauce and seasoning for flavour.

4 Servings		24 Servings
	Vegetable cooking spray	
300 g (10 oz)	firm tofu, cut into thin strips	1.8 kg
175 mL (¾ cup)	sliced Spanish onion	1 L
250 mL (1 cup)	broccoli florets	1.5 L
250 mL (1 cup)	baby carrots, cut into bite-sized pieces	1.5 L
175 mL (¾ cup)	sugar snap peas, trimmed	1 L
125 mL (½ cup)	julienned red bell pepper	750 mL
125 mL (½ cup)	vegetable stock* or water	750 mL
60 mL (¼ cup)	sweet chili sauce	375 mL
5 mL (1 tsp)	grated orange zest	30 mL
15 mL (1 tbsp)	chopped fresh cilantro (optional)	90 mL

1. Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides; remove from pan and set aside.
2. Add onion to wok and sauté for 1 minute. Add broccoli, carrot, peas, and red pepper; stir-fry for about 5 minutes or until tender-crisp. Return tofu to wok and stir in stock, chili sauce, and orange zest; heat until bubbling.
3. Transfer stir-fry to a serving platter or pan and sprinkle with cilantro (if using).

*See *Vegetable Stock* recipe.

Source: *Simply Great Food*, Dietitians of Canada (2007)
Adapted and reprinted with permission from Robert Rose Inc.

Nutrition Facts
Per 300 mL (1 1/4 cups)

Amount	% Daily Value
Calories 200	
Total Fat 5 g	8 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 0 mg	
Sodium 220 mg	9 %
Carbohydrate 31 g	10 %
Fibre 4 g	17 %
Sugars 18 g	
Protein 11 g	
Vitamin A	80 %
Vitamin C	140 %
Calcium	20 %
Iron	20 %

Taco Salad

Yield: 8 servings (500 mL / 2 cups per serving)
Scaled Yield: 24 servings (500 mL / 2 cups per serving)

8 Servings		24 Servings
500 g (1 lb)	extra-lean ground beef	1.5 kg
1	large onion, diced	3
1 can (540 mL)	red kidney beans, drained and rinsed*	3
175 mL (¾ cup)	salsa**	500 mL
175 mL (¾ cup)	water	500 mL
30 mL (2 tbsp)	chili powder	90 mL
1	head romaine lettuce, chopped	3
8	green onions, sliced	24
250 mL (1 cup)	grated reduced-fat (18% M.F.) cheddar cheese	750 mL
250 mL (1 cup)	baked corn tortilla chips*** broken into small pieces (about 60 g / 2 oz)	750 mL

1. In a non-stick skillet, cook ground beef over medium heat until it is no longer pink, using a spatula to break it up into small pieces.
2. Transfer meat to a colander and drain well.
3. Clean skillet and return ground beef to it. Add onion and cook over medium heat until onion is translucent.
4. Add beans, salsa, water, and chili powder to beef mixture. Simmer for about 10 minutes or until thickened.
5. In a large bowl, toss together lettuce and green onion.
6. Sprinkle meat mixture over lettuce. Top with grated cheese and tortilla chips.

Nutrition Facts	
Per 500 mL (2 cups)	
Amount	% Daily Value
Calories 250	
Total Fat 8 g	**12 %**
Saturated 3.5 g +Trans 0.1 g	**19 %**
Cholesterol 40 mg	
Sodium 460 mg	**19 %**
Carbohydrate 23 g	**8 %**
Fibre 6 g	**25 %**
Sugars 4 g	
Protein 23 g	
Vitamin A	**25 %**
Vitamin C	**35 %**
Calcium	**20 %**
Iron	**25 %**

See Appendix 4 – Cooking Dried Beans for instructions on cooking beans to replace canned beans
See Fresh Vegetable Salsa recipe
If baked corn tortilla chips are not available, cut 4 small (15 cm / 6 inch) corn or flour tortillas (for scaled yield, 12 tortillas) into 1 cm (½ inch) strips. Bake at 180°C (350°F) until lightly browned and crispy. Break crispy tortilla strips into small pieces.

Tofu and Spinach Lasagna Rolls

Yield: 6 servings (2 rolls per serving)
Scaled Yield: 24 servings (2 rolls per serving)

6 Servings		24 Servings
12	whole wheat lasagna noodles	48
15 mL	canola or olive oil	60 mL
3	cloves garlic, minced	12
1 pkg (350 g)	low-fat extra-firm tofu, drained, rinsed, and crumbled	4
750 mL (3 cups)	chopped fresh spinach*	3 L
125 mL (½ cup)	freshly grated Parmesan cheese	500 mL
1 mL (¼ tsp)	crushed red pepper flakes	5 mL
1 mL (¼ tsp)	salt	5 mL
500 mL	tomato sauce**	2 L
125 mL (½ cup)	grated part-skim (16.5% M.F.) mozzarella cheese	500 mL

1. Bring a large pot of water to a boil, and cook noodles for about 10 minutes or until tender but firm. Drain and rinse noodles, place them on a clean damp tea towel, and cover with plastic wrap or another damp tea towel until ready to use.
2. Meanwhile, heat oil in a large non-stick skillet over medium heat. Add garlic and cook, stirring, for about 20 seconds or until fragrant. Add tofu and spinach and cook, stirring often, for 3 to 4 minutes or until the spinach wilts and the mixture is heated through. Transfer to a bowl; stir in Parmesan, red pepper, salt, and about a third of the tomato sauce. Spread half of the remaining tomato sauce in a 3 L (3 quart) baking dish (for scaled yield, use a 12 L / 12 quart baking dish); set aside.
3. To make lasagna rolls, place a noodle on the work surface and spread approximately 60 mL (¼ cup) of the tofu filling along the noodle. Roll noodle up around filling, and place the roll, seam-side down, in the dish. Repeat with the remaining noodles and filling. (The tofu rolls will be tightly packed in the pan.) Spoon the remaining tomato sauce over the rolls. Sprinkle with mozzarella and cover with foil. Bake in preheated 180°C (350°F) oven for about 45 minutes or until cheese is melted and rolls are heated through.

Nutrition Facts
Per 2 rolls

Amount	% Daily Value
Calories 310	
Total Fat 10 g	15 %
Saturated 3.5 g +Trans 0.1 g	17 %
Cholesterol 15 mg	
Sodium 540 mg	23 %
Carbohydrate 36 g	12 %
Fibre 5 g	19 %
Sugars 3 g	
Protein 24 g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	30 %
Iron	30 %

*Frozen chopped spinach, thawed and drained, can be substituted for fresh spinach.
**See Tomato Sauce recipe.

Whole Wheat Pizza

Yield: One 36 cm (14 inch) pizza, 6 slices per pizza (1 slice per serving)
Scaled Yield: Six 36 cm (14 inch) pizzas, 6 slices per pizza (1 slice per serving)

The addition of bran to the dough adds fibre and a great nutty flavour.

1 Pizza		6 Pizzas
Crust:		
125 mL (½ cup)	skim milk	750 mL
125 mL (½ cup)	water	750 mL
Pinch	granulated sugar	2 mL
15 mL (1 tbsp)	active dry yeast	90 mL
425 mL (1¾ cup)	whole wheat flour	2.5 L
125 mL (½ cup)	natural bran	750 mL
2 mL (½ tsp)	salt	15 mL
Sauce and Cheese:		
75 mL (⅓ cup)	tomato sauce*	500 mL
300 mL (1¼ cups)	grated part-skim (16.5% M.F.) mozzarella cheese	1.8 L
Hawaiian Toppings (optional):		
60 g (2 oz)	thinly sliced ham (about 4 slices), cut into thin strips	360 g
75 mL (⅓ cup)	pineapple tidbits	500 mL
300 mL (1¼ cups)	grated part-skim (16.5% M.F.) mozzarella cheese	1.8 L
Garden Veggie Toppings (optional):		
4	button mushrooms, thinly sliced	24
2	small plum tomatoes, sliced	12
½	red or green bell pepper, thinly sliced	3
300 mL (1¼ cups)	grated part-skim (16.5% M.F.) mozzarella cheese	1.8 L

1. Heat milk and water in a saucepan over medium heat until mixture is just steaming. Pour into a large bowl; add sugar and stir to dissolve. Let mixture cool slightly. Sprinkle yeast over top and let stand for about 10 minutes or until frothy. Add 375 mL (1½ cups) of the flour (for scaled yield, add 2 L / 8 cups), all of the bran and salt, and stir until ragged dough forms. Scrape the dough onto a lightly floured work surface and knead, adding as much of the remaining flour as necessary to form a soft, slightly sticky dough. Place dough in a greased bowl and cover. Let stand for 1 hour or until doubled in volume. Punch down dough; form it into a ball (for scaled yield, divide dough into 6 balls) and roll into a 36 cm (14 inch) circle.
2. Top with sauce and cheese and, if desired, Hawaiian or garden veggie toppings, and bake in preheated 220°C (425°F) oven, on the centre rack, for about 15 minutes or until crust is golden brown.

*See Tomato Sauce recipe.

Storage Tips: After kneading dough, place in a greased resealable bag and refrigerate for up to 24 hours or freeze for up to 1 month. Before using frozen dough, transfer it to refrigerator and let thaw completely. Allow refrigerated dough to reach room temperature before using.

Source: Heart and Stroke Foundation

Recipe developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2008. www.heartandstroke.ca
Adapted with permission of the Heart and Stroke Foundation of Canada.

WHOLE WHEAT PIZZA

Pizza – Sauce and Cheese

Nutrition Facts	
Per slice (1/6 pizza)	
Amount	% Daily Value
Calories 220	
Total Fat 6 g	**9 %**
Saturated 3 g +Trans 0 g	**16 %**
Cholesterol 15 mg	
Sodium 320 mg	**13 %**
Carbohydrate 33 g	**11 %**
Fibre 7 g	**28 %**
Sugars 3 g	
Protein 14 g	
Vitamin A	**6 %**
Vitamin C	**4 %**
Calcium	**20 %**
Iron	**20 %**

Pizza – Hawaiian

Nutrition Facts	
Per slice (1/6 pizza)	
Amount	% Daily Value
Calories 240	
Total Fat 6 g	**9 %**
Saturated 3.5 g +Trans 0 g	**17 %**
Cholesterol 20 mg	
Sodium 440 mg	**18 %**
Carbohydrate 34 g	**11 %**
Fibre 7 g	**29 %**
Sugars 4 g	
Protein 16 g	
Vitamin A	**6 %**
Vitamin C	**4 %**
Calcium	**20 %**
Iron	**20 %**

Pizza – Veggie

Nutrition Facts	
Per slice (1/6 pizza)	
Amount	% Daily Value
Calories 230	
Total Fat 6 g	**9 %**
Saturated 3 g +Trans 0 g	**16 %**
Cholesterol 15 mg	
Sodium 330 mg	**14 %**
Carbohydrate 34 g	**11 %**
Fibre 8 g	**31 %**
Sugars 4 g	
Protein 15 g	
Vitamin A	**10 %**
Vitamin C	**40 %**
Calcium	**20 %**
Iron	**20 %**

Baked Goods

Fruit and vegetables can easily be added to enhance the overall nutritional content and boost the natural flavour of baked goods. Healthier baked goods are higher in fibre, and lower in total fat and saturated fat.

Food Group: Grain Products
Sub-group: Baked Goods

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
Fat: ≤ 5 g **and** Saturated fat: ≤ 2 g **and** Fibre: ≥ 2 g **Examples:** • Some muffins, cookies, grain-based bars • Some whole grain waffles and pancakes	Fat: ≤ 10 g **and** Saturated fat: ≤ 2 g **and** Fibre: ≥ 2 g **Examples:** • Some muffins, cookies, grain-based bars, snacks • Some waffles and pancakes	Fat: > 10 g **or** Saturated fat: > 2 g **or** Fibre: < 2 g **Examples:** • Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries • Some cookies and squares

Apple Raspberry Crisp

Yield: 8 servings
Scaled Yield: 24 servings

8 Servings		24 Servings
1.25 L (5 cups)	sliced apples	3.75 L
250 mL (1 cup)	frozen whole red raspberries	750 mL
60 mL (¼ cup)	packed brown sugar	175 mL
60 mL (¼ cup)	large-flake rolled oats	175 mL
60 mL (¼ cup)	whole wheat flour	175 mL
5 mL (1 tsp)	ground cinnamon	15 mL
30 mL (2 tbsp)	soft, non-hydrogenated margarine, melted	90 mL

1. Lightly grease a 2 L (2 quart) square pan. (For scaled yield, use three 2 L / 2 quart square pans and divide both the fruit and the crisp ingredients into 3 portions before assembling. Alternatively, use a 6 L / 6 quart pan and increase the cooking time by about 8 to 10 minutes.)
2. Arrange half the apple slices on the bottom of the pan, layer with half the raspberries, and repeat the layers.
3. In a bowl, mix together brown sugar, oats, flour, and cinnamon. Add melted margarine and stir until mixture is crumbly; sprinkle over fruit.
4. Bake in preheated 190°C (375°F) oven for 30 minutes or until apples are tender and topping is lightly browned.

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 150	
Total Fat 3.5 g	5 %
Saturated 0.5 g +Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 30 mg	1 %
Carbohydrate 31 g	10 %
Fibre 4 g	16 %
Sugars 22 g	
Protein 1 g	
Vitamin A	4 %
Vitamin C	8 %
Calcium	2 %
Iron	6 %

Tips:

- Use any juicy cooking apple for this recipe, such as Northern Spy, McIntosh, Cortland, Fuji, Idared, Jonagold, Russet, or Spartan.
- To prevent the apple slices from browning during preparation, sprinkle them with lemon juice.

Applesauce Bars

Yield: 24 bars (1 bar per serving)

375 mL (1½ cups)	whole wheat flour
125 mL (½ cup)	wheat bran
60 mL (¼ cup)	ground flax
15 mL (1 tbsp)	baking powder
10 mL (2 tsp)	ground cinnamon
2 mL (½ tsp)	ground nutmeg
Pinch	ground cloves (optional)
Pinch	salt
500 mL (2 cups)	unsweetened applesauce
125 mL (½ cup)	packed brown sugar
2	eggs
75 mL (⅓ cup)	canola oil

1. Grease a 3 L (3 quart) baking pan, line it with parchment paper, and set aside.
2. In a large bowl, whisk together flour, bran, flax, baking powder, cinnamon, nutmeg, cloves (if using), and salt.
3. In another bowl, whisk together applesauce, brown sugar, eggs, and oil. Pour over flour mixture and stir until moistened.
4. Scrape batter into prepared pan and spread evenly. Bake in preheated 180°C (350°F) oven for about 35 minutes or until cake tester inserted in centre comes out clean. Let cool completely and cut into bars.

Source: Emily Richards, PHEc

Nutrition Facts
Per bar

Amount	% Daily Value
Calories 100	
Total Fat 4 g	6 %
Saturated 0.4 g +Trans 0.1 g	3 %
Cholesterol 15 mg	
Sodium 45 mg	2 %
Carbohydrate 14 g	5 %
Fibre 2 g	9 %
Sugars 7 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	4 %
Calcium	4 %
Iron	6 %

Oatmeal Cranberry Scones

Yield: 16 scones (1 scone per serving)

300 mL (1¼ cups)	whole wheat flour
125 mL (½ cup)	natural wheat bran
30 mL (2 tbsp)	granulated sugar
10 mL (2 tsp)	baking powder
1 mL (¼ tsp)	ground nutmeg
Pinch	ground cloves
75 mL (⅓ cup)	soft, non-hydrogenated margarine
250 mL (1 cup)	large-flake rolled oats
125 mL (½ cup)	chopped dried cranberries
75 mL (⅓ cup) plus 30 mL (2 tbsp)	skim milk
1	egg

1. Line a baking sheet with parchment paper; set aside.
2. In a bowl, combine flour, bran, sugar, baking powder, nutmeg, and cloves. Using fingers, rub margarine into flour mixture until it resembles coarse crumbs. Add oats and cranberries, and stir with a fork to combine.
3. In a small bowl, whisk together 75 mL (⅓ cup) skim milk and egg. Pour over flour mixture and stir until just moistened. Scrape dough out onto floured work surface and pat into a 20 by 20 cm (8 by 8 inch) square, about 2 cm (¾ inch) thick. Cut into 16 squares, patting edges to reform slightly. Place on prepared pan and brush tops with remaining skim milk. Bake in preheated 220°C (425°F) oven for about 12 minutes or until golden brown.

Nutrition Facts
Per scone

Amount	% Daily Value
Calories 120	
Total Fat 4.5 g	7 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 10 mg	
Sodium 80 mg	3 %
Carbohydrate 18 g	6 %
Fibre 3 g	11 %
Sugars 5 g	
Protein 3 g	
Vitamin A	6 %
Vitamin C	0 %
Calcium	4 %
Iron	6 %

Tip: This recipe can be doubled.

Source: Emily Richards, PHEc

Peanut Butter Crunch Cookies

Yield: 36 cookies (1 cookie per serving)

150 mL (⅔ cup)	peanut butter (natural, no sugar added)
125 mL (½ cup)	soft, non-hydrogenated margarine
150 mL (⅔ cup)	packed brown sugar
2	eggs
15 mL (1 tbsp)	vanilla extract
5 mL (1 tsp)	baking soda
5 mL (1 tsp)	baking powder
1 mL (¼ tsp)	salt
500 mL (2 cups)	crushed wheat bran cereal (not flakes)
150 mL (⅔ cup)	whole wheat flour

1. Line baking sheets with parchment paper; set aside.
2. In a large bowl, using electric mixer beat together peanut butter and margarine. Add sugar, eggs, vanilla, baking soda and powder, and salt, and beat until sticky. Stir in bran cereal and flour until combined.
3. Spoon dough by 15 mL (1 tbsp) portions onto prepared pans, leaving 5 cm (2 inches) between cookies. Flatten cookies slightly with the tines of a floured fork.
4. Bake in preheated 190°C (375°F) oven for about 8 to 10 minutes or until light brown on bottom. Place pans on baking racks and let cookies cool for 2 minutes on the pans. Transfer cookies to racks to cool completely.

Nutrition Facts
Per cookie

Amount	% Daily Value
Calories 90	
Total Fat 5 g	8 %
Saturated 1 g +Trans 0 g	5 %
Cholesterol 10 mg	
Sodium 115 mg	5 %
Carbohydrate 10 g	3 %
Fibre 2 g	10 %
Sugars 5 g	
Protein 3 g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %

Storage Tip: Place cooled cookies in an airtight container in layers between waxed or parchment paper. Freeze for up to 2 weeks or keep at room temperature for up to 3 days.

Source: Emily Richards, PHEc

Strawberry Mini Muffins

Yield: 24 mini muffins (2 muffins per serving)

325 mL (1⅓ cups)	diced fresh strawberries
250 mL (1 cup)	all-purpose flour
150 mL (⅔ cup)	natural wheat bran
5 mL (1 tsp)	baking powder
2 mL (½ tsp)	ground ginger
1 mL (¼ tsp)	baking soda
60 mL (¼ cup)	soft, non-hydrogenated margarine
60 mL (¼ cup)	packed brown sugar
1	egg
5 mL (1 tsp)	vanilla extract
125 mL (½ cup)	plain, low-fat (1 to 2% M.F.) yogurt
12	small strawberries, sliced in half (optional)

1. Lightly spray with cooking spray or grease mini muffin tins; set aside.
2. Using a potato masher, mash 250 mL (1 cup) of the diced strawberries; set aside.
3. In a bowl, whisk together flour, wheat bran, baking powder, ginger, and baking soda; set aside.
4. In another bowl, using a wooden spoon stir together margarine and sugar until combined. Stir in egg and vanilla and then the mashed strawberries. Gradually add the flour mixture and stir until just combined. Stir in yogurt and remaining diced strawberries until well distributed.
5. Divide batter among mini muffin tins. Top muffins with sliced strawberries (if using).
6. Bake in preheated 190°C (375°F) oven for about 20 minutes or until top of muffins springs back when lightly pressed.

Nutrition Facts
Per 2 muffins

Amount	% Daily Value
Calories 120	
Total Fat 4.5 g	7 %
Saturated 1 g +Trans 0 g	4 %
Cholesterol 15 mg	
Sodium 95 mg	4 %
Carbohydrate 17 g	6 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 3 g	
Vitamin A	6 %
Vitamin C	15 %
Calcium	4 %
Iron	8 %

Source: Heart and Stroke Foundation
Developed by Emily Richards, PHEc. © Heart and Stroke Foundation 2011. www.heartandstroke.ca
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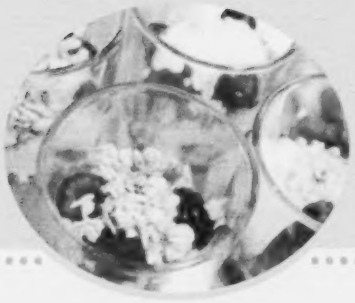

Milk-Based Desserts

Milk-based desserts can satisfy the desire for a sweet complement to a meal while contributing significant nutritional benefits, such as calcium and vitamin D. Menu selections can include custards and puddings or fruit smoothies. These desserts can incorporate lower fat or fat-free milk or yogurt, fruit and berries, natural sweeteners such as maple syrup and honey, and many other wholesome ingredients.

Food Group: Milk and Alternatives
Sub-group: Milk-Based Desserts

The nutrition standards in Ontario's School Food and Beverage Policy do not include nutrition criteria under* Healthiest (Sell Most) *for this sub-group.

Healthiest [Sell Most (≥ 80%)]	Healthy [Sell Less (≤ 20%)]	Not Permitted for Sale
Nutrition Criteria	**Nutrition Criteria**	**Nutrition Criteria**
	Fat: ≤ 5 g **and** Sodium: ≤ 360 mg **and** Calcium: ≥ 5% Daily Value **Examples:** • Some frozen yogurt, puddings, custards, ice milk, gelato	Fat: > 5 g **or** Sodium: > 360 mg **or** Calcium: < 5% Daily Value **Examples:** • Some puddings • Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches

Apple Cinnamon Rice Pudding

Yield: 6 servings (150 mL / ⅔ cup per serving)
Scaled Yield: 24 servings (150 mL / ⅔ cup per serving)

6 Servings		24 Servings
10 mL (2 tsp)	vegetable oil	45 mL
2	tart cooking apples (peeled if desired), diced	8
60 mL (¼ cup)	granulated sugar	250 mL
2 mL (½ tsp)	ground cinnamon	10 mL
125 mL (½ cup)	short-grain rice (Arborio or Italian-style)	500 mL
15 mL (1 tbsp)	all-purpose flour	60 mL
750 mL (3 cups)	1% milk	3 L
10 mL (2 tsp)	vanilla extract	45 mL
	Ground cinnamon (optional)	

1. In a deep saucepan, heat oil over medium-high heat; add apples, half of the sugar, and the cinnamon. Cook, stirring, for about 5 minutes or until apples are softened. Transfer apples to a bowl.
2. Return pan to medium-high heat; stir in rice and remaining sugar. Whisk flour into milk and gradually stir into rice; heat just until steaming, stirring often. Reduce heat to low; cover and simmer, stirring occasionally, for about 25 minutes or until rice is very tender.
3. Stir in reserved apples and vanilla extract. Let cool slightly and serve warm or refrigerate until cold. The pudding will thicken considerably as it cools. Sprinkle each serving with more cinnamon (if using).

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 200	
Total Fat 3 g	5 %
Saturated 1 g +Trans 0.1 g	5 %
Cholesterol 5 mg	
Sodium 55 mg	2 %
Carbohydrate 36 g	12 %
Fibre 1 g	6 %
Sugars 20 g	
Protein 6 g	
Vitamin A	8 %
Vitamin C	0 %
Calcium	15 %
Iron	2 %

Source: Dairy Farmers of Canada. www.dairygoodness.ca

Chocolate Pudding

Yield: 4 servings (150 mL / ⅔ cup per serving)

1	egg
500 mL (2 cups)	skim milk
150 mL (⅔ cup)	granulated sugar
Pinch	salt
150 mL (⅔ cup)	unsweetened cocoa powder
30 mL (2 tbsp)	cornstarch
5 mL (1 tsp)	vanilla extract

1. In a bowl, beat egg lightly; set aside.
2. In a saucepan, bring 375 mL (1½ cups) of the milk, 75 mL (⅓ cup) of the sugar and salt to a simmer over medium heat, stirring occasionally.
3. Meanwhile, whisk the remaining sugar, cocoa and cornstarch in a bowl. Whisk in the remaining milk until smooth.
4. Slowly whisk the simmering milk mixture into the cocoa mixture. Return mixture to the pan; bring to a simmer over medium heat, whisking constantly, for about 3 minutes or until thickened and glossy. Remove from heat.
5. Whisk about 250 mL (1 cup) of the hot cocoa mixture into the egg. Gradually pour mixture back into the pan and cook over medium-low heat, whisking constantly, for about 2 minutes or until thickened. (Do not boil.) Remove from heat and whisk in vanilla.

Nutrition Facts
Per 150 mL (2/3 cup)

Amount	% Daily Value
Calories 230	
Total Fat 3 g	5 %
Saturated 1.5 g +Trans 0 g	8 %
Cholesterol 50 mg	
Sodium 75 mg	3 %
Carbohydrate 49 g	16 %
Fibre 4 g	17 %
Sugars 39 g	
Protein 8 g	
Vitamin A	10 %
Vitamin C	0 %
Calcium	15 %
Iron	15 %

Tips:

- This recipe can be easily multiplied.
- The pudding can be served warm or cold. To save for later, pour into a bowl and place plastic wrap directly on the surface. Refrigerate for up to 3 days; serve cold.

Lemon Blueberry Panna Cotta

Yield: 8 servings (175 mL / ¾ cup per serving)
Scaled Yield: 24 servings (175 mL / ¾ cup per serving)

This is a traditional Italian dessert. *Panna cotta* means "cooked cream", and indeed the original is made with whipping cream. This version has the same silky texture as panna cotta made with whipping cream but is lighter.

8 Servings		24 Servings
250 mL (1 cup)	2% milk	750 mL
25 mL (1½ tbsp)	unflavoured gelatin	75 mL
175 mL (¾ cup)	granulated sugar	500 mL
750 mL (3 cups)	2% evaporated milk	2.25 L
5 mL (1 tsp)	grated lemon zest	15 mL
500 mL (2 cups)	fresh blueberries	1.5 L

1. Spray eight 175 mL (¾ cup) custard cups or ramekins (for scaled yield, 24 custard cups) with vegetable cooking spray.
2. Pour milk into a small saucepan and sprinkle with gelatin; let stand for 10 minutes. Cook over medium-low heat, whisking constantly, for about 2 minutes or until gelatin dissolves. Increase heat to medium and add sugar. Whisk for 2 minutes or until sugar dissolves. Remove from heat. Add evaporated milk and lemon zest, stirring well to combine.
3. Divide mixture evenly among prepared custard cups and add 30 mL (2 tbsp) blueberries to each cup. Cover and refrigerate for at least 4 hours or overnight.
4. To serve, slide a knife around the edge of each cup to loosen the panna cotta. Invert it onto a dessert plate and spoon 30 mL (2 tbsp) blueberries onto the side of each plate.

Nutrition Facts
Per 175 mL (3/4 cup)

Amount	% Daily Value
Calories 210	
Total Fat 3 g	5 %
Saturated 1.5 g +Trans 0 g	8 %
Cholesterol 10 mg	
Sodium 130 mg	5 %
Carbohydrate 37 g	12 %
Fibre 1 g	4 %
Sugars 34 g	
Protein 10 g	
Vitamin A	10 %
Vitamin C	120 %
Calcium	30 %
Iron	2 %

Tip: Vary the berries and the flavouring for a different taste. Try raspberries with grated orange zest, sliced strawberries with 2 mL (½ tsp) vanilla extract, or diced mango with grated fresh ginger.

Source: *Simply Great Food*, Dietitians of Canada (2007)
Adapted and reprinted with permission from Robert Rose Inc.

Orange Crème Caramel

Yield: 8 servings

This recipe is a lighter, but even tastier, variation of traditional crème caramel.

250 mL (1 cup)	granulated sugar
60 mL (¼ cup)	water
5	eggs
625 mL (2½ cups)	hot 2% milk
15 mL (1 tbsp)	grated orange zest
5 mL (1 tsp)	vanilla extract

1. In a small, heavy saucepan, combine 125 mL (½ cup) of the sugar with the water; cook over medium heat, stirring constantly, until sugar is dissolved. (Be careful not to let the mixture boil at this stage.) Increase heat to medium-high and boil, without stirring, for 6 to 8 minutes or until mixture caramelizes and is golden in colour. Pour immediately into a 2 L (8 inch) round baking pan and, using oven mitts, tilt pan to cover bottom with caramel.
2. In a bowl, stir together eggs and remaining sugar until blended. Stir in hot milk, orange zest, and vanilla; avoid overmixing. Pour into pan over caramel. Place baking pan in a larger pan of boiling water. Bake in preheated 180°C (350°F) oven for 40 to 45 minutes or until mixture is set. Remove from hot water. Cool on rack. Refrigerate until ready to serve.
3. To remove custard from pan, run a spatula carefully around edge of custard. Place a rimmed serving plate upside down over custard pan and invert both together so that custard is caramel side up on the plate. Serve custard in wedges with caramel sauce that has collected on the plate.

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 190	
Total Fat 4.5 g	7 %
Saturated 2 g +Trans 0 g	10 %
Cholesterol 125 mg	
Sodium 70 mg	3 %
Carbohydrate 31 g	10 %
Fibre 0 g	0 %
Sugars 31 g	
Protein 7 g	
Vitamin A	10 %
Vitamin C	2 %
Calcium	10 %
Iron	2 %

Source: *Great Food Fast*, Dietitians of Canada (2000)
Adapted and reprinted with permission from Robert Rose Inc.

Orange Sherbet

Yield: 16 servings

So simple ... but so good! Try this tangy treat for a light ending to any meal.

1 can (370 mL)	2% M.F. evaporated milk
1 can (295 mL)	frozen orange juice concentrate, thawed
60 mL (¼ cup)	granulated sugar

1. Chill evaporated milk in a bowl in the freezer for 30 minutes. (Milk should be cold but not frozen.) Using a hand mixer, whip cold milk until soft peaks form.
2. Blend in orange juice concentrate and sugar.
3. Place mixture in two 1.25 L (5 cup) non-stick metal loaf pans and freeze for approximately 2 hours.
4. To serve, cut sherbet into 2.5 cm (1 inch) thick slices.

Tip: This recipe can be doubled.

Nutrition Facts
Per serving

Amount	% Daily Value
Calories 70	
Total Fat 0.5 g	1 %
Saturated 0.3 g +Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 30 mg	1 %
Carbohydrate 14 g	5 %
Fibre 0 g	1 %
Sugars 14 g	
Protein 2 g	
Vitamin A	2 %
Vitamin C	90 %
Calcium	8 %
Iron	2 %

Appendix 1

Recommended Metric Equivalents for Imperial Measures and Weights

The following practical conversions are appropriate for small-yield recipes. For larger quantities, however, exact conversions should be used. Otherwise the yield and/or the quality of the product may be affected.

Equivalent Volumes

¼ tsp	1 mL	¼ cup	60 mL	2 cups	500 mL
½ tsp	2 mL	⅓ cup	75 mL	2½ cups	625 mL
¾ tsp	4 mL	½ cup	125 mL	2¾ cups	675 mL
1 tsp	5 mL	⅔ cup	150 mL	3 cups	750 mL
1¼ tsp	6 mL	¾ cup	175 mL	4 cups	1 L
1½ tsp	7 mL	1 cup	250 mL		
2 tsp	10 mL	1¼ cups	300 mL		
		1⅓ cups	325 mL		
1 tbsp	15 mL	1½ cups	375 mL		
1½ tbsp	25 mL	1⅔ cups	400 mL		
2 tbsp	30 mL	1¾ cups	425 mL		
3 tbsp	45 mL				

Equivalent Weights

½ oz	15 g	¼ lb	125 g
1 oz	30 g	½ lb	250 g
2 oz	60 g	¾ lb	375 g
		1 lb	500 g
		1½ lb	750 g
		1¾ lb	875 g
		2 lb	1 kg

Appendix 2

Substitutions for Fresh Herbs/Spices

Substitute dried herbs or ground spices if fresh ones are not available. Substituting a dried herb or spice for a large quantity (e.g., more than 30 mL / 2 tbsp) of a fresh one may not produce an acceptable flavour.

HERB/SPICE	FRESH	DRIED
Basil	15 mL / 1 tbsp finely chopped	5 mL / 1 tsp dried basil leaves
Cilantro	15 mL / 1 tbsp finely chopped	5 mL / 1 tsp dried cilantro leaves
Dill	15 mL / 1 tbsp finely chopped	4 mL / ¾ tsp dill weed
Ginger	15 mL / 1 tbsp minced	2 mL / ½ tsp ground ginger
Mint	15 mL / 1 tbsp finely chopped	5 mL / 1 tsp dried mint leaves
Nutmeg	5 mL / 1 tsp grated	5 mL / 1 tsp ground nutmeg
Oregano	15 mL / 1 tbsp finely chopped	7 mL / 1½ tsp dried oregano leaves
Parsley	15 mL / 1 tbsp finely chopped	10 mL / 2 tsp parsley flakes
Flat-leaf Parsley	15 mL / 1 tbsp finely chopped	Not available dried. Use 15 mL / 1 tbsp parsley flakes.
Rosemary	15 mL / 1 tbsp finely chopped	7 mL / 1½ tsp dried rosemary leaves
Tarragon	15 mL / 1 tbsp finely chopped	5 mL / 1 tsp dried tarragon leaves
Thyme	15 mL / 1 tbsp finely chopped	5 mL / 1 tsp dried thyme leaves

Appendix 3

Ontario Fruit and Vegetable Availability Guide

www.foodland.gov.on.ca/english/availability.html

FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Apples	J	F	M	A	M	J		A	S	O	N	D
Apricots							J	A				
Blueberries							J	A	S			
Cherries						J	J					
Crabapples									S	O	N	
Cranberries										O		
Currants (Red/Black)							J	A				
Gooseberries							J	A				
Grapes								A	S			
Muskmelon								A	S			
Nectarines								A	S			
Peaches							J	A	S			
Pears								A	S	O	N	D
Plums							J	A	S	O		
Raspberries							J	A	S			
Rhubarb	J	F	M	A	M	J						
Strawberries						J	J					
Strawberries (Day Neutral)					M	J	J	A	S	O		
Watermelon							J	A	S			

Note: Availability dates may change by several weeks with respect to rare varieties or due to weather conditions.

Appendix 3 (cont'd) – Ontario Fruit and Vegetable Availability Guide

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichoke								A	S	O		
Asian Vegetables						J	J	A	S	O	N	
Asparagus					M	J						
Beans (Green/Wax)						J	J	A	S	O		
Beets	J	F	M	A			J	A	S	O	N	D
Bok Choy						J	J	A	S	O	N	
Broccoli						J	J	A	S	O		
Brussels Sprouts									S	O	N	
Cabbage	J	F	M	A		J	J	A	S	O	N	D
Carrots	J	F	M	A	M		J	A	S	O	N	D
Cauliflower						J	J	A	S	O	N	
Celery							J	A	S	O		
Corn							J	A	S	O		
Cucumbers (Field)						J	J	A	S	O		
Cucumbers (Greenhouse)	J	F	M	A	M	J	J	A	S	O	N	D
Eggplant								A	S	O		
Garlic	J	F					J	A	S	O	N	D
Leeks	J	F						A	S	O	N	D
Lettuce (Assorted)						J	J	A	S	O		
Lettuce (Greenhouse)	J	F	M	A	M	J	J	A	S	O	N	D
Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Onions (Cooking)	J	F	M	A	M	J	J	A	S	O	N	D
Onions (Green)						J	J	A	S	O	N	
Onions (Red)	J	F	M						S	O	N	D
Parsnips	J	F	M	A				A	S	O	N	D
Peas (Green)						J	J					

Note: Availability dates may change by several weeks with respect to rare varieties or due to weather conditions.

Appendix 3 (cont'd) – Ontario Fruit and Vegetable Availability Guide

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Peas (Snow)						J	J	A	S			
Peppers (Field)							J	A	S	O		
Peppers (Greenhouse)			M	A	M	J	J	A	S	O	N	
Potatoes	J	F	M				J	A	S	O	N	D
Radicchio						J	J	A				
Radishes					M	J	J	A	S	O	N	
Rapini							J	A	S	O		
Rutabaga	J	F	M	A	M	J	J	A	S	O	N	D
Spinach					M	J	J	A	S	O		
Sprouts	J	F	M	A	M	J	J	A	S	O	N	D
Squash	J	F	M					A	S	O	N	D
Sweet Potatoes	J	F	M	A	M	J	J	A	S	O	N	D
Tomatoes (Field)							J	A	S	O		
Tomatoes (Greenhouse)			M	A	M	J	J	A	S	O	N	
Zucchini							J	A	S	O		

Note: Availability dates may change by several weeks with respect to rare varieties or due to weather conditions.

To find a local farm or farmers' market near you,
visit www.ontariofarmfresh.com or www.farmersmarketsontario.com.
These websites are wonderful tools to locate on-farm markets
and farmers' markets across Ontario.

Appendix 4

Cooking Dried Beans

Cooked legumes, such as kidney beans and chickpeas, can be purchased in cans for convenience. However, if you have the time, cooking dried beans and peas can be more economical and is a skill for students to learn. Use the directions below to cook dried beans and peas properly. (**Note:** These are guidelines only; when in doubt, refer to package directions.)

Soaking

All dried beans need to be soaked before they are cooked to replace the water lost in drying. A general rule is to use 750 mL water for every 250 mL beans. After soaking, discard soaking water, rinse, and replace with fresh water before cooking (this helps cut down on the substance that causes gas). Note that while dried lentils are classified as a legume, they don't need to be presoaked.

Overnight Soak: Let beans and water stand overnight in refrigerator. Drain. (Beans soaked using this method cook more quickly and keep their shape better).

Quick Soak: In a large saucepan, bring water and beans to a boil; cover and boil for 2 minutes. Remove from heat and let stand for 1 hour. Drain.

Microwave Soak: In a microwave-safe casserole dish, combine hot water and beans. Cover and microwave on High for 15 minutes or until boiling. Let stand for 1 hour. Drain.

Cooking

To cook soaked beans, use 750 mL water for every 250 mL soaked beans and follow one of the methods below. The longer you store beans, the more they dry out and the longer you need to cook them. Never add salt or seasoning until the beans are tender; otherwise, the skin will toughen and they will never soften.

Stovetop Cooking: In a large saucepan, combine water and soaked beans. Cover and bring to a full, rolling boil. Reduce heat and simmer for 45 to 60 minutes or until fork-tender.

Microwave Cooking: In a microwave-safe casserole dish, combine water and soaked beans. Cover and microwave on High for 10 to 15 minutes or until boiling. Stir and microwave on Medium (50%) for 15 minutes. Stir again and microwave on Medium (50%) for 10 to 20 minutes or until fork-tender.

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Additional Resources

School Food and Beverage Policy

For a copy of the School Food and Beverage Policy, including the nutrition standards, visit www.ontario.ca/healthyschools.

EatRight Ontario

Get answers to your nutrition questions!

- Talk to a Registered Dietitian for free at 1-877-510-510-2.
- E-mail a dietitian at www.eatrightontario.ca.
- Visit www.eatrightontario.ca to browse through information on a wide variety of food and nutrition topics and find short educational videos.

Canada's Food Guide

To get copies of Canada's Food Guide, view translated versions of it, and create a customized version, and to access a variety of educational resources to support teaching about Canada's Food Guide, visit www.healthcanada.gc.ca/foodguide.

Foodland Ontario

Find out how to buy, store, and prepare Ontario's bounty of fresh food at www.foodlandontario.ca. This is the place to learn more about Ontario food, including nutritional information.

Ontario Ministry of Agriculture and Food's Urban Agriculture Business Information Bundle

Provides tools and resources about container gardening, rooftop gardening, community gardening, and growing your own fruits and vegetables. www.omafra.gov.on.ca/english/livestock/urbanagbib/welcome.htm

Local Farms and Farmers' Markets

To find a local farm or farmers' market, visit www.ontariofarmfresh.com or www.farmersmarketsontario.ca.

Canning/Freezing/Drying Food

The National Center for Home Food Preservation (http://nchfp.uga.edu), funded by the United States Department of Agriculture, is a reliable source for current research-based recommendations for most methods of home food preservation.

Bernardin Canada (www.bernardin.ca) provides a step-by-step guide to home canning, FAQs, and recipes. It is the best Canadian source for reliable information on home canning.

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The Heart and Stroke Foundation™ and the Health Check™ Program are your sources for heart-healthy recipes and nutrition information.

Visit heartandstroke.ca and healthcheck.org for:

- dietitian-approved recipes that meet strict nutrient criteria based on Canada's Food Guide;
- nutrition tips and articles on heart-healthy living;
- free eTools (at heartandstroke.ca/mobileapps) to help make healthy lifestyle changes.

Look for the Health Check™ symbol in the grocery store and on your favourite menus to help make healthy food choices.

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